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CALENDARS 2011!**

Plus! **X-Factor**  
babe topless!



IT'S...

SAM!



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**JENNIFER METCALFE!**



**LEAH FRANCIS!**



**LUCY PINDER!**



**SOPHIE  
HOWARD!**

# SEXIEST CALENDARS 2011!

The future's bright - the future's booby!



**LINDSEY  
STRUTT!**



**50 ace  
footie  
secrets!**



**Harry  
Redknapp  
exclusive!**

**Fifa 11  
Vs  
Pro Evo!**



**We meet  
Alan  
Sugar!**





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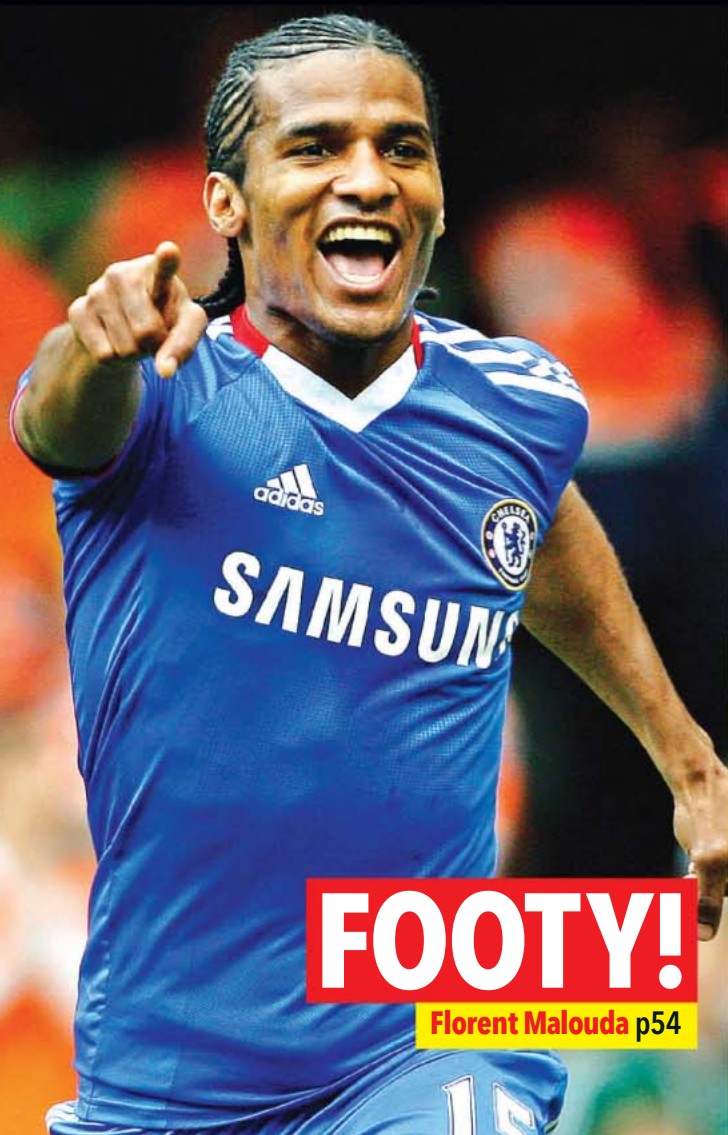


# IN Nuts!



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India and Emma bake Nuts man Reg a birthday cake

Nuts man Pete ruins Tim Westwood's lunch





# Nuts NEWS

STRUGGLING WITH THE HIGH NOTES, EVERY WEEK

**Nuts EXCLUSIVE!**

## X Factor Sam strips!

Is she sexy? It's 100  
per cent yes from us!



**IN X FACTOR!**

**S**he's back! In 2008, Sam Grierson won our *Nuts* Babe Search, and now she's gone and got famous on *The X Factor* with girl band Hushtle. And even better, she's agreed to get her kit off. Enjoy!

**Hi Sam! Describe the whole X Factor experience so far.** It's a cliché but I feel like I've been on a rollercoaster ride! I've worked so hard over the last ten years to try get somewhere in the music industry, so to make a mark is amazing. At the same time, I've gone through the wringer! ➔

**4 Nuts**

"Are you sure  
this is biggest size  
top you have?"

"Come on, Righty,  
don't be shy!"





She had her  
taxi hailing  
down to a T

**SEXY SINGER!**





Her shadow puppet class was hugely oversubscribed

**WHAT A BODY!**

**What's Simon like? Is he scary?** No, he's absolutely fabulous. He was the reason I joined the competition in the first place. His experience and his power in the industry are second to none.

**You sound like you might fancy him a bit.** I didn't say that! He's a bit too old for me but he's good looking, sure. You don't get to be on TV all these years and do what he does if you don't look after yourself. But I see him more as a father or older brother type!

**Weren't you tempted to come up with a sob story like "my cat got run over this morning" or something?** No! That'd be awful! I'm not fake. Viewers will vote for me if they think I look nice, if I can dance and if I can sing.

**Is Cheryl a nice lady or just a bit grumpy?** Unfortunately, I haven't had as much to do with her as I would have liked because she contracted malaria, but I have to confess to being a big fan. She's gorgeous, sweet and really nice. And she's a northern lass like me, so we should stick together!

**What's it like being in a girl band? Is it all pillow fights and sleepovers?** Actually, it's a lot of fun! A bunch of girls all thrown together, borrowing each other's clothes, getting changed and seeing each other naked half the time. I suppose it'd be most boys' fantasy but for us, it's all perfectly normal now!

**Tell us a sexy secret about you.** I quite like to have some "naked alone" time. That's when you step in the door, strip off, walk around naked, maybe do some cooking and just have some time for yourself. Being in the nude can be very relaxing, you know!

**Is performing live in front of thousands of people better than sex?** There's the same kind of rush that you get from good sex, definitely! Actually, it might be even better – which I guess just shows how disappointing my sex life has been recently!

**If you get all famous in the music business, will you stop doing sexy Nuts shoots like this?** No, not at all! I'll always find time for Nuts. Getting my kit off every once in a while is always good!

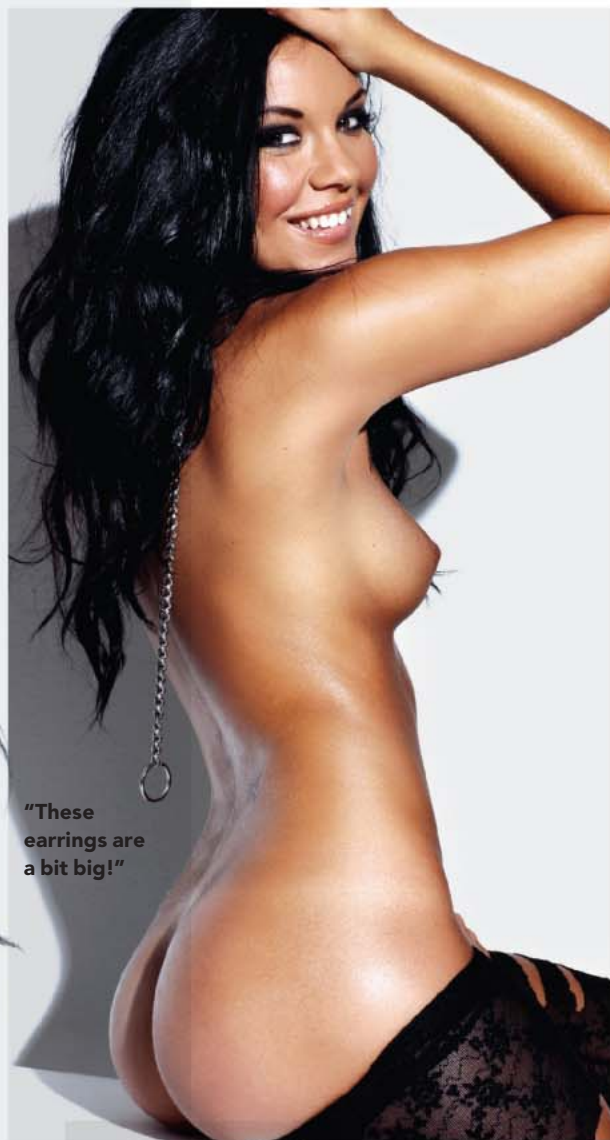
The X Factor is on every Saturday and Sunday at 7.30pm on ITV1



She wouldn't let  
anyone near her  
giant Tic Tac



"These  
earrings are  
a bit big!"



Naughty Step  
was the envy  
of all his mates





Nuts EXCLUSIVE!

# 'I wouldn't turn down England'

NUTS MAN!



The Tottenham boss gives *Nuts* his thoughts on management, the World Cup and turning on the hairdryer!

**L**ast week, *Nuts* had an exclusive chat with Spurs gaffer Harry Redknapp. Here are the best bits...

**"The secret to being a great boss is having good players.** If you don't have good players, you have no chance. At Spurs, we have a lot of talented players who were maybe short of confidence. Take Heurelho Gomes. He had a bad start when I came here, but I told him I knew he was a great keeper and that I believed in him. I don't think he understood me, as he didn't speak much English! Speaking of which, Pav's [Roman Pavlyuchenko] English is absolute rubbish! The interpreter used to run onto the pitch to tell him what I wanted, and he'd end up running around more than Pav!



"Give us a kiss"

MESSI!

**"Being a player now is very different to how it was back in my day.** It's a different game now. The training pitches are different, the food's different, the travel's different and the money's different. And they're always in the spotlight. Everything's on TV now. When I played, there'd be one game on a Saturday night on *Match Of The Day*, and that was it!

**"Everyone wants footballers to slip up.** Players have to be so careful now. Everyone has a camera on their phone – except me [shows *Nuts* man an old-school Nokia!] – and there's always someone wanting to sell stories to the papers. You're always going to get one or two players who step over the line and make mistakes. But in the main, they're good lads. They behave a lot better than we did back in the day, that's for sure!

**"My best ever signing was Paolo Di Canio.** When I signed him [for West Ham], everyone thought I was mad. He'd pushed a ref over and everyone thought he was a nutter. But he was a top player and the fans loved him, so he was a great signing. I remember a headline that said, "Redknapp walks a tightrope with no safety net underneath him – Di Canio will finish him!" But he didn't. He came in and he was great!

**"It'll be difficult competing with Man City's financial power.** They're going to be the team to beat eventually, but not this year and I don't see them winning the Premier League. We battered them in the first game of the season. It looks to me like they might have to wait another year or two and keep spending money until they get it right!

**"Sometimes, for the players, it's all about the money.** I'd like to sit here and say the chance to play Champions League football is what appeals to players when it comes to signing contracts – and in some cases, I'm sure it is. But if someone's offering them 200 grand a week and someone's offering them 50 grand, believe you me, nine times out of ten, they'll take the 200 grand!

**"I wouldn't turn down England.** The end of Fabio Capello's contract is two years down the line – who knows where I'll be in two years? I could be manager of Poole Town! You only have to have a bad run and it can all change. So I never look that far ahead. I love what I'm doing at Spurs and I'm lucky to be doing this. But if in two years, somebody asked me to manage the national team... well, no Englishman could turn it down!

**"England need an English manager.** You wouldn't see an Englishman managing the Italy team, would you? It could only happen here! There are lots of lads out there who, given the opportunity, could do a good job. But how are these younger English managers ever going to get experience if they never get a job at a top-four side?

**"I thought England would win the World Cup in South Africa.** I really did! I thought it was the best squad we'd had since I don't know when, and I can't believe we did as badly as we did. The next World Cup is in Brazil and that's going to be difficult. **"If money was no object, I'd sign Lionel Messi for Spurs.** I think we'd take him! He's amazing, isn't he? Just unbelievable!

**"I can't remember the lad who hit me with a ball in the famous YouTube video!** I can't remember that boy's name, to be honest. But I know he got two years in prison for GBH! He was a full-back who played in Tottenham's reserve team but right now, I can't remember his name.

**"I'm not averse to turning on the hairdryer from time to time!** Sometimes, I get angry with the players. I remember there was one time when I was at Southampton, I was arguing with a player and I booted a big plateful of sandwiches that landed on his head! He had egg and watercress and bread on his head, and was sitting there still arguing with me!

**"My son, Jamie, looks great in those tight trousers!** He can certainly wear them, can't he? He looks alright in them. If I was as fit as Jamie, I'd probably want to wear tight trousers!

**"The state Pompey are in makes me sad.** During my time as manager of the club, I probably brought in £100million in transfers. I paid £5million for Lassana Diarra and sold him for £22m. I bought Glen Johnson for £4m and sold him for £18m. Where did it all go? I honestly don't know! It's sad, really, but they're back where they were when I took over. People forget that. They weren't a big club at that time. They were getting 10,000 people at their games and were in administration when Milan Mandaric took over the club for nothing. But now, they're back to square one. I'd like to see Milan go back there. The fans absolutely love him and I think it would be great if he went back."





"Get out of my garden,  
you scallywags!"



"At least you're  
better than  
Bentley!"

**SPURS SUPREMO!**

**"If I was as fit as Jamie,  
I'd probably want to  
wear tight trousers!"**



Nuts EXCLUSIVE!

# Seven Days babe naked!

It's Samantha! Clothes-free!

**Y**ou can imagine how happy we were when we heard the UK was getting its own version of girl-friendly reality show *The Hills* – not very! The silver lining is that one of the characters in Channel 4's show *Seven Days* is Samantha,

an aspiring model and presenter.

We're still unconvinced by her TV work but as you can see, she's pretty darn talented as a model!

*Seven Days* is on C4, Weds, 10pm

ON TELLY!

TV HONEY!





"Er, I've lost my  
cloakroom  
ticket!"



**REALITY BABE!**



**STUNNING!**





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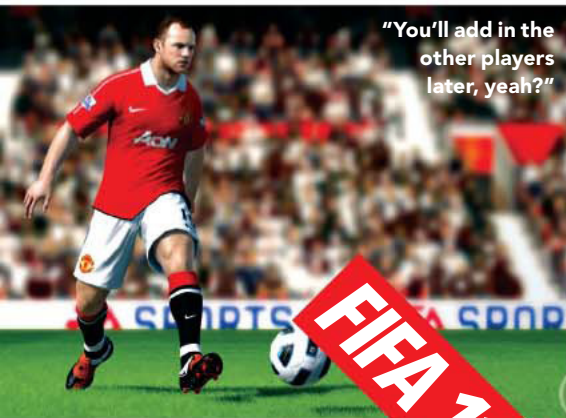
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# Fifa vs PES!

Nuts staff do battle in the war of the football games!

**Y**ou're about to make the most important gaming decision of the year – *Fifa* or *PES*? To help you decide, Nuts' resident *Fifa* fan and *PES* pro battled it out to deliver the verdict!



"You'll add in the other players later, yeah?"

## Gameplay!

**REG:** *Fifa* is instant, snappy fun. Anyone can pick it up and play. I even had a game against my old man and he put up a good fight!

**COFFERS:** But that's the problem, right there. *PES* rewards skill. The new passing style is amazing, and defenders are miles better now.

## Graphics!

**REG:** *Fifa*, easy. *PES* players look like robots!

**COFFERS:** You twerp! The *Fifa* players look like cartoons! Watching *PES* is like watching a real football game and the *PES* likenesses are spot on – look at Franck Ribery. Actually, don't!



## Replay value!

**REG:** What I like about this year's *Fifa* is that they've really done up the Manager Mode – it's like a mini *Football Manager* built-in!

**COFFERS:** Fair enough, but *PES* has taken the famous Master League format online, so there's a whole world of mates to play with!

## Fun factor!

**REG:** The fact that in *Fifa* you can do customised two-man celebrations says it all – this game's about having a laugh! You can even record your own crowd chants!

**COFFERS:** Celebrations? Try *PES*' crazy edit mode where you can even make players with Easter Island heads and suits of armour, or play with balls that are sweets or basketballs!

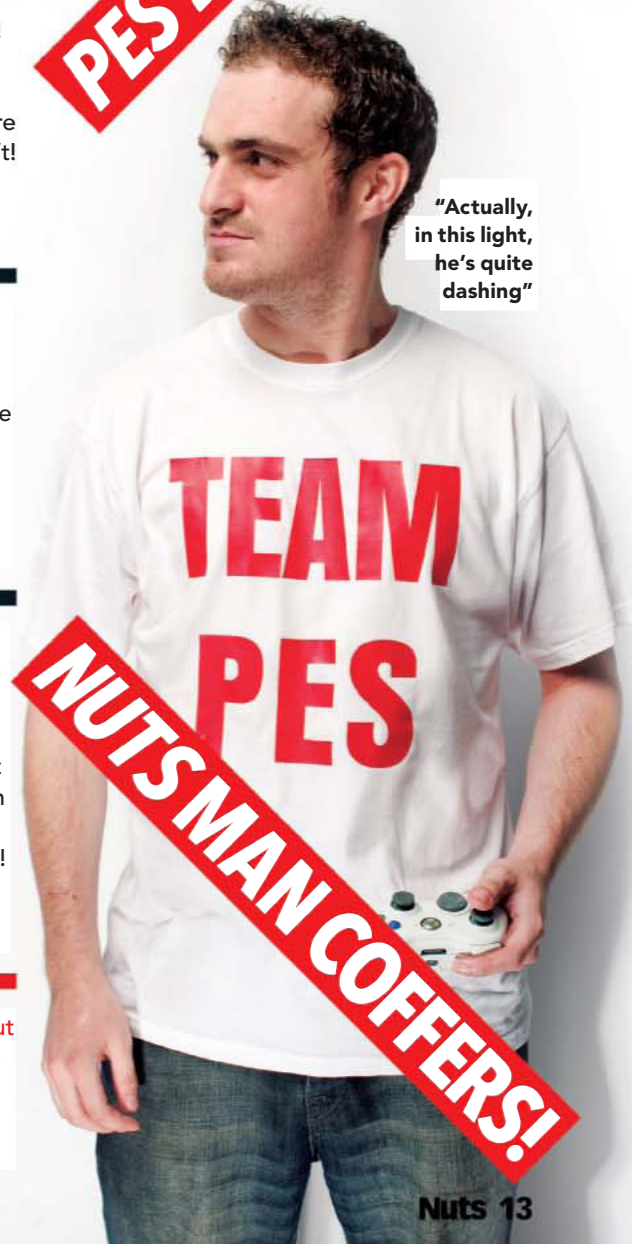
## Verdict

**REG:** To be fair, *PES* is better than last year but for an all-round good time, I'll stick with *Fifa*.

**COFFERS:** The in-depth gameplay *PES* fans love is finally back, and I know where my money will be going in October!



"If he wins, I'll spray him with Ribena"



"Actually, in this light, he's quite dashing"



# THE Nuts LIP-READER!

When he watches a match, he sees every word!

John Cassidy is a **real** lip-reading expert. And an FA coach!



**Arsene Wenger:**  
"Ref, that's f\*\*king  
sh\*t! Over four  
minutes have gone!"

**SUNDERLAND VS ARSENAL** Stadium Of Light, Sat 18 Sept, 7.19pm The Gunners boss isn't happy with Sunderland's late goal.



**Lee Bowyer:** "F\*\*king  
hell! Oh, sorry, sorry!"

**WEST BROM VS BIRMINGHAM** The Hawthorns, Sat 18 Sept, 4.23pm The midfielder apologises after swearing near a young fan.



**John O'Shea:** "Why did  
Fletcher move? Fletch! Fletch!"

**MAN UNITED VS LIVERPOOL** Old Trafford, Sun 19 Sept, 2.56pm Darren Fletcher is blamed after Gerrard's free-kick sneaks in.



**Ref:** "Palacios! Palacios!  
It's getting a bit annoying!"

**SPURS VS ARSENAL** White Hart Lane, Tues 21 Sept, 8.11pm Referee Lee Probert warns the Spurs man after one foul too many.

## POTTY-MOUTH OF THE WEEK!



**Mark Hughes:** "How the f\*\*k has  
that happened? He might as well  
have f\*\*king picked him up!"

**BLACKBURN VS FULHAM** Ewood Park, Sat 18 Sept, 3.30pm Sparky is outraged after El-Hadji Diouf clatters into Mark Schwarzer.



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## Rachel Bilson

On *How I Met Your Mother*

E4's sitcom seems a strange place to find Rachel's first TV lesbian kiss, but the season six opener has her lip-locking with her room-mate. Like most lady roomies do, right? Thought so.



## Kim Kardashian

At the Oktoberfest, Munich

Weirdly, Kim chose the world's most famous beer festival to scoff an ice cream. Still, we'll overlook the faux pas as she did don traditional German dress – the famous "tittengawphalter".

# RUDE NEWS

The lady news that got through to boot camp!



## Sophia Wardman

Photo shoot, London

The Scarborough lass reached *The X Factor's* boot camp, but sadly didn't get any further. And we can see her error. Far too much signing, and far too little bikini-wearing. Schoolboy!



## Jessica Alba

In the movie *Machete*

Jessica once famously stated she'd never do nude scenes, dashing the hopes of every red-blooded film lover. Then she did this in *Machete*! Women – as constant as the winds!

WORDS: RORY BUCKERIDGE PHOTOS: PA PHOTOS, REX, XPOSURE, WWW.UNLEASHEDDIGITAL.COM/JENS





## Lisa Snowden

On her hols, the Caribbean

She may be 38, but the Marks & Sparks model can still fill a bikini! A Missoni two-piece, as it happens, not M&S. Someone's going to be sent to the naughty step when she gets home!



## Pixie Lott

At a party, London

We do feel for Pixie. She guest-judged *The X Factor* like a breath of fresh air. Then Nicole Scherzinger followed the week after and was so impossibly hot, we all forgot what's-her-name.



## Nuts news flash!

Emma Glover on Chris Moyles' cashflow crisis!

"Two months isn't long to wait to be paid! On the bright side, I'll bring him a copy of my calendar this year and let him have it for free!"



"Hold me, I'm afraid  
of the dark!"



# It's the Fisker Karma

Plug it in and away you go!

**YOURS FOR £60K!**







**ECO FRIENDLY!**

# rma hybrid!



The spray tan had gone on a bit too long

- The Fisker Karma is a four-door hybrid, with two electric motors producing 402bhp, plus a 260bhp turbo 2.0-litre petrol engine. It can crack 0-60mph in 5.9 seconds.
- It's able to travel up to 50 miles on pure, silent electric power before the turbocharged petrol engine kicks in to feed a recharging generator. The combined range is 300 miles.
- You can plug it in to charge off the mains, which takes about six hours. A 20kW lithium-ion battery pack (like a large laptop battery) is fitted underneath the car.
- The pair of 150kW electric motors can produce 402bhp and a whopping 981lb-ft of torque – nearly double the 479lb-ft produced by the Bentley Continental GT.
- The Karma can do 100 miles per gallon and expels less harmful gas than a Prius.
- The Karma's similarity to the BMW Z8 in *The World Is Not Enough* is not a coincidence – Fisker's co-founder, CEO and design director Henrik Fisker designed the Z8!
- Choose between Sport and Stealth modes when driving this frisky four-door. The Sport mode uses both the petrol engine and electricity punch to hit 125mph. Turn to Stealth mode and you'll be running on pure volts with a top speed of 95mph.
- The Karma has the world's largest spherically-curved solar panel hidden in its roof. This means the motor generates electricity once the sun comes up, even if it's parked.
- Unfortunately, though, a thing of such beauty doesn't come cheap. You'll get little change out of £60,000!

"Stop looking at my rear!"



# WILL YOU BECOME A TYRANT?



**Microsoft**  
game studios

 **XBOX 360.**

**Nuts NEWS**

"Sorry, guys, the jury box is being cleaned!"

**NEW CONTESTANTS!**

"We've been talking. Why did you poke us all on Facebook?"

**A QUICK WORD WITH...**

## Lord Alan

*The Apprentice* boss on Karren Brady,

**H**i Lord Sugar! The first task on the new series of *The Apprentice* sees the candidates making sausages. What else have you got in store? We send them to Germany to sell crisps to the Germans. We send them out on a couple of open-decked London buses to get money from tourists. Plus there's the usual advertising one, which is one of my favourites, and a "go out and buy ten of..." like we have every year.

**And what's happened to Margaret? She's turned into West Ham Vice-President Karren Brady!** Margaret finally refused to let me talk her into it. She really wanted to give it up. Talking Karren into it was

probably easier than talking her into the West Ham job! I've known Karren for years and she was very good when she did *Celebrity Apprentice*.

**Do you pick candidates who might not be much good in business but who'll be funny on the telly?** No. We don't choose them because we think they're going to be the next Del Boy! We've got some very serious people this time. We wanted to give opportunities to people who've been made redundant because of the current economic climate. And there are a couple of people who are struggling to start their own business and a couple of graduates who've just left university and can't get a job.



Santa had a smart  
new image

# Sugar

## German crisps and *The X Factor*!

So, it's a fairly good blend of people across the board.

**You know that bit where the candidates blab on about how great they are to camera at the beginning of each episode – should people do that in real life?** You do need to think about yourself like that, yeah. It might be the type of thing you'd say to your mum, your mates or your girlfriend. But whether you should walk into the street and say it, I don't know. You're probably best saying it into the mirror in private!

**If you were a candidate on *The Apprentice*, would you be any cop?** I'd walk it. Next question! **Would you like to be a guest judge on *The X Factor*?** No, how can I do that? Here I am

dishing out stick to people who don't know what they're doing and don't know what they're talking about. I'd be completely out of my depth. You need to be experienced to be a judge, so I don't think I'd be very useful! **Thanks, Lord Sugar. Finally, what have you learnt from six series of *The Apprentice*? Can you spot a bullsh\*tter at ten paces?** I've been good at that for a long time! I think the series gets better as we learn more. We know the right types of candidates and tasks. But if you're asking if I've learnt how to make sausages, that's not really what I set out to achieve!

The *Apprentice* starts on BBC1 at 9pm on Wednesday 6 October

# OR WILL YOU BECOME A LEGEND?



Should you ascend to the throne, the choices you make will change the world around you. Will it be for the greater good or your own personal gain? Who will you become: a legend or a tyrant?

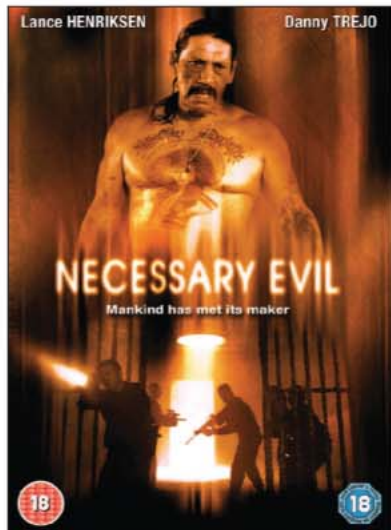
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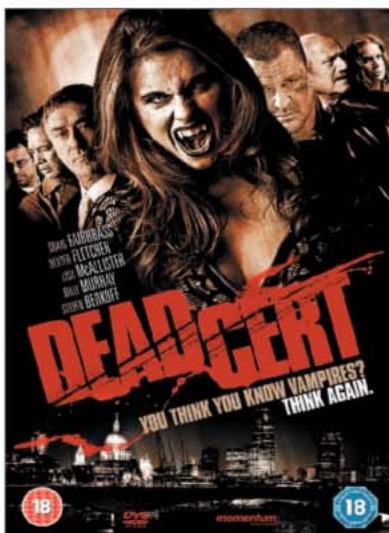
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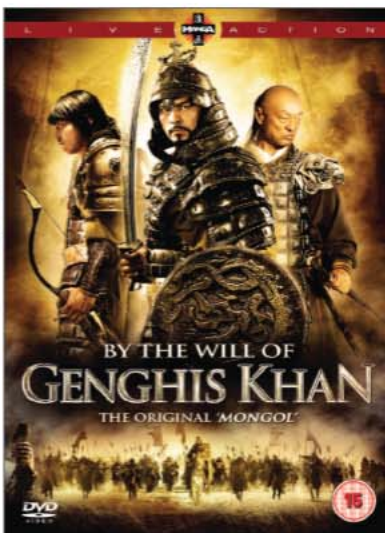
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- Empire

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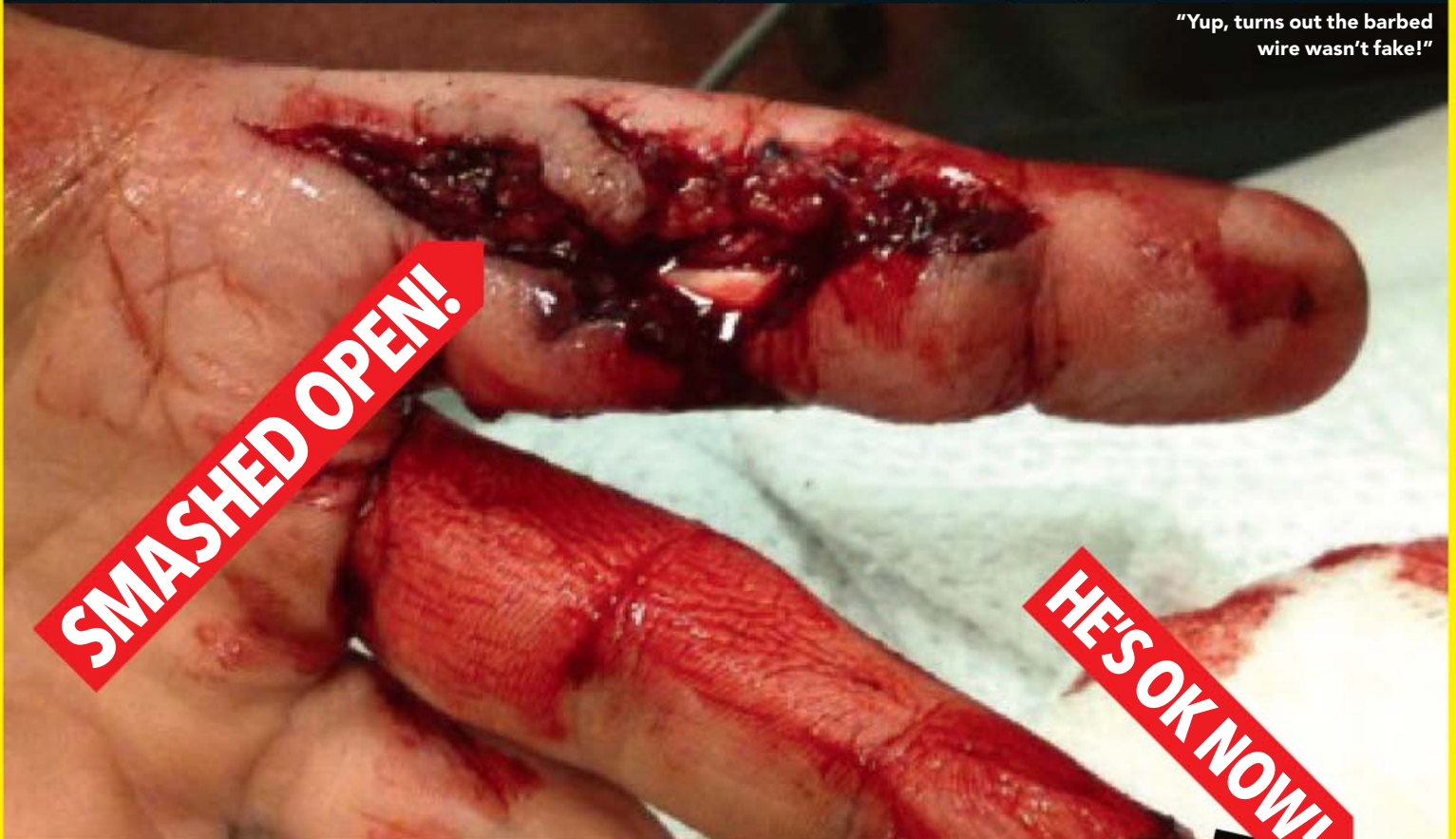


# DON'T LOOK!

Pictures for the stronger stomach!

Send your injuries to [dontlook@ipcmedia.com](mailto:dontlook@ipcmedia.com)

"Yup, turns out the barbed wire wasn't fake!"



## 'I was smeared in blood!'

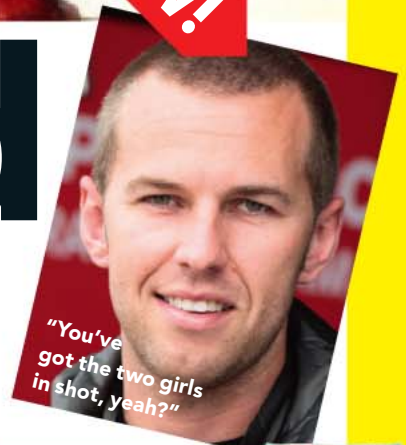
Kart racing turns nasty for unlucky *Nuts* reader!

**W**e've seen plenty of motorbike crashes over the years, but Chris van der Drift from New Zealand is the first reader to hurt himself in a kart! "I was in a race," 24-year-old Chris tells *Nuts*. "I was coming

past the driver in front, but he moved. I clipped him, then took off like a plane and hit a bridge. "When I woke up, I was 550 metres up the track, in loads of pain and with a load of busted bones. Somehow, my finger was the only open wound, but I was

smeared in blood. They took me to hospital, where I was patched up and sent on my way to think about the next race!"

See the crash video now at [nuts.co.uk/spambank](http://nuts.co.uk/spambank)



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# Nuts GEAR



## Samsung NX100

[www.samsung.co.uk](http://www.samsung.co.uk)

**Nuts says:** Very clever 14.6-megapixel snapper. The lens communicates with the body – a world first – so you can alter shutter speed, aperture, ISO etc by just turning the lens, not stopping to squint at menus.

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Karaoke mode reduces a song's vocals, so you can hear your voice

## Sony Walkman S750 mp3 player

[www.sony.co.uk](http://www.sony.co.uk)

**Nuts says:** Media player with digital noise-cancelling and a 50-hour battery. Link easily to iTunes and watch movies on its 5.1cm LCD screen or wonder at its 7.2mm aluminium thinness.

One rCube can share music with eight rCubes or wireless earphones

£500



£485

## Nokia E7 mobile

[www.nokia.co.uk](http://www.nokia.co.uk)

**Nuts says:** Equipped with a 4in touchscreen display that boasts "ClearBlack" tech for improved outdoor visibility, this is a smartphone with looks to rival the iPhone and a slidey keypad that actually works.



## Arcam rCube iPod dock

[www.arcam.com](http://www.arcam.com)

**Nuts says:** Peerless iPod dock with a look that's striking but not a sore thumb. Dock your iPod or stream music from a PC. Plus it has a rechargeable battery, so every box is ticked.

Check out more reviews at [www.nuts.co.uk/reviews](http://www.nuts.co.uk/reviews)





.100% same great taste, and now 15% less saturated fat, meaning that these brands will have 35-45% less saturated fat (per 100g) than the current average of the top 25 chocolate brands.



# YOUR LETTE

It's the page where you do all the work!

Send your letters to [nutsletters](mailto:nutsletters)



"Ironically,  
it tastes  
of p\*ss!"

## That's a bum job

Dear Nuts,  
I stumbled upon this rather odd-sounding hair salon while in Tokyo, Japan. It seems a little specialist, don't you think?

*Ged Burnside, Telford*

It does a bit, doesn't it! That reminds us – we could use a bit of a trim down there.

LETTER  
OF THE  
WEEK!



"Short back  
and sides,  
Mr Winton?"

## Actually, we're not thirsty

Dear Nuts,  
Does anyone fancy a nice glass of Pschitt? How could you resist such a tasty beverage?

*Michael, Cheshire*

Very easily – simply because it's not beer! Mmm, beer!

## Super Troopers

Dear Nuts,  
This is me (near right) and Air Trooper Becky Connor in our *Nuts* outfits. Thanks for sending them!

*ATpr Sam Farrell, Afghanistan*

Remember, squaddies, just email [pete\\_cashmore@ipcmedia.com](mailto:pete_cashmore@ipcmedia.com) if you want to get your name on the *Nuts* goodies list.



Gerald was  
having a  
midlife crisis

## What a dump

Dear Nuts,  
Now, this just has to be a farm worth visiting!

*Adrian Dale, Birmingham*

Indeed – especially if it helps you get "laid in Britain"!



"Mum, my omelette  
tastes funny"

## STEALTH BUMMING CORNER!

ONLY IN  
Nuts!



"Bloke mending wheel + daft mate =  
stealth bum!" *John Britnell, via email*

## Powell power

Dear Nuts,  
Thanks for sending me the *Nuts* vest and shorts. I love you guys!

*Clare Powell, Leeds*

Clare, we rather think we love you, too!

Her sides  
weren't ready  
for *Nuts'*  
jokes page



## Did the earth moo-ve for you?

Dear Nuts,  
I spotted a bit of animal action and captured it for posterity!

*Stevie, via text*

To be fair, the cow does look as if she's enjoying it somehow!



Daisy liked her  
rump well done



# RS!

@ipcmmedia.com or to the address on p72

## Shelf abuse

Dear Nuts,  
I got bored at the supermarket, so I thought I'd have some fun with the stock.

*Chris, Omagh*

Good work, Chris. We just hope ours never goes that colour.



Cucumber always wore a sheath

## The Mastiff massive

Dear Nuts,  
This is the Mastiff Group in Nad-e Ali. Any chance of some T-shirts?

*Cpl Niall Morrison,  
BFPO 792, Afghanistan*

On their way, chaps!



It was the last time he'd ask them for directions

See more funny stuff at  
[www.nuts.co.uk/spambank](http://www.nuts.co.uk/spambank)

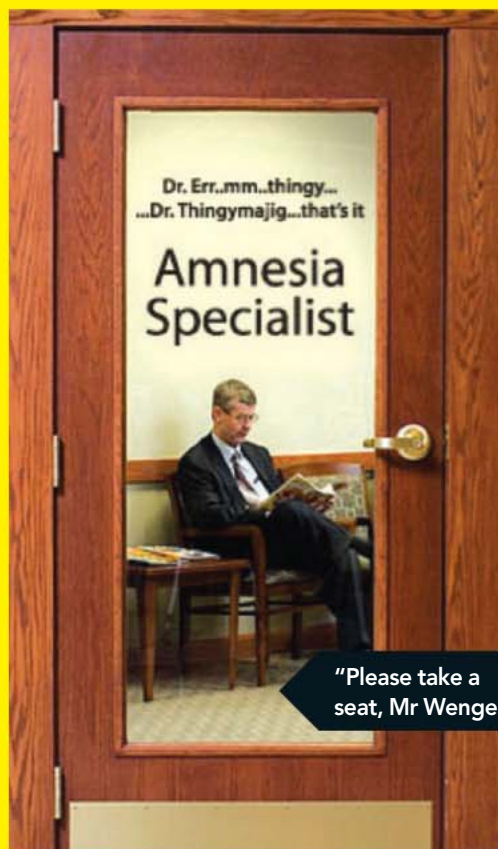
## Nuts SPAM BANK!

All the best online hilarity!



The Ashes:  
The Early Years

Strauss was keen to explain the 'match fixing' allegations...



"Please take a seat, Mr Wenger"

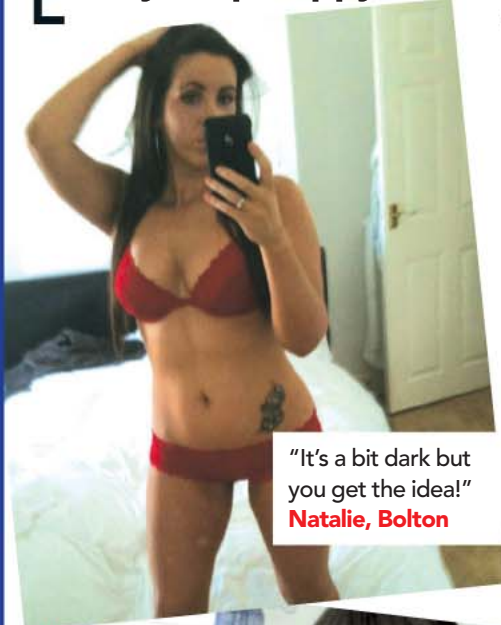
## Win £100 to spend at PLAY.COM

Send your letters and hilarious spam pictures to [nutsletters@ipcmmedia.com](mailto:nutsletters@ipcmmedia.com) or to the address on page 72. The sender of the week's best letter\* will win £100 of vouchers to spend at play.com, the UK's favourite online entertainment retailer, with big savings and free delivery on everything. Visit [www.play.com](http://www.play.com) for great deals on DVDs, games, books, CDs, digital downloads, mobiles, electronics and more!

ONLY IN Nuts!

## CAMERA PHONE CUTIES!

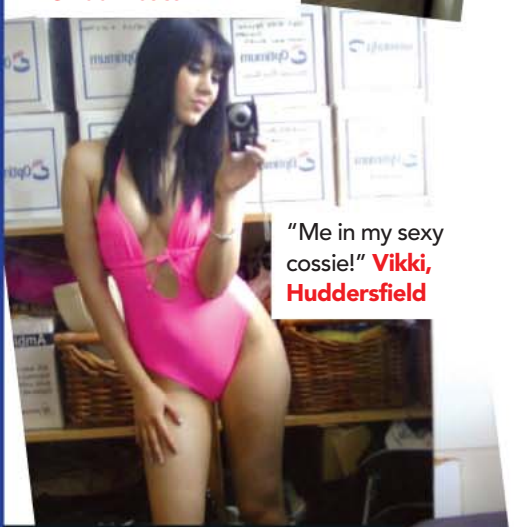
Sexy snap-happy babes



"It's a bit dark but you get the idea!"  
**Natalie, Bolton**



"Hope you like it, boys!" **Sheradan, Swadlincote**



"Me in my sexy cossie!" **Vikki, Huddersfield**

## Send us your pics!

Text 'Nuts' and your sexy camera-phone pic to **0771 388 8008\***



# YOUR JOKES

Bursting with all the best gags, every week!

Send your jokes to [nutsjokes@ipcmedia.com](mailto:nutsjokes@ipcmedia.com)

## SHORT JOKES!

I asked my missus for a "Chilean Miner"  
**What's one of those?**  
It's when she goes to the bottom of your shaft and stays there until Christmas

Harvey Toole, Dorking

**Q: What do you get when you drop a piano on an army base?**

**A: A flat major**

Damir Vitesh, London

**Q: Heard about the 150lb man who had 75lb testicles?**

**A: He was half nuts**

Damian Kingham, Manchester

**Q: What did the cannibal get when he was late for dinner?**

**A: The cold shoulder**

Niall, Dublin



He'd not been the same since the zipline accident

**JOKE OF THE WEEK!**

### Easy rider

Apparently, Alex Ferguson had an '80s-themed party for his players to celebrate their victory over Liverpool. Giggs arrived in a Cavalier, Scholes in a Sierra and Rooney chose to come in an Escort.

Mike Hooper, Leeds



Benayoun had had better days

### A bit rash

A bloke walks into his local and sees everyone in there is covered in rashes and blisters.

"What's going on?" he asks the landlord. "Why's everybody covered in rashes and blisters?"

"Didn't anyone tell you?" replies the landlord. "This is a shingles night!"

Nick Harris, via email

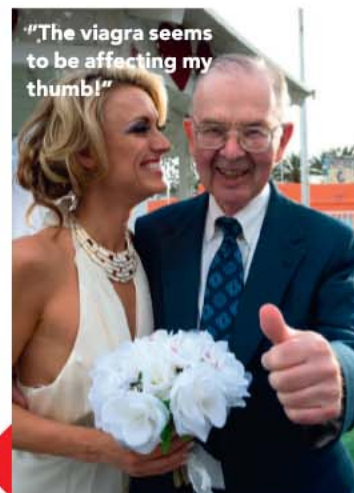
### Wedding daze

A small church is abuzz about the day's wedding between 95-year-old Herbert and his stunning 25-year-old bride. At the wedding, murmurs go around that the wedding night might finish the feeble old coot off. The next morning, the bride hobbles down the hotel staircase slowly, holding the banister for dear life.

"What happened to you?" asks the hotel receptionist. "You look like you've been wrestling crocodiles!"

"Well," replies the bride, wincing. "I wanted to get married as soon as old Herbert told me he'd been saving up for 75 years. It turns out he wasn't talking about money!"

Azri, via email



"The viagra seems to be affecting my thumb!"

## Win an Xbox and DVD!

Send jokes to [nutsjokes@ipcmedia.com](mailto:nutsjokes@ipcmedia.com) or to the address on p72. To celebrate the release of the action-packed *Deadly Impact*, out to buy on DVD from 27 September, the sender of this week's best joke\* will win an Xbox Elite plus a copy of the DVD.





# S!



edia.com or to the address on p72

## Sweet enough

A farmer is driving his tractor along the road with a load of manure on a trailer behind him.

After a little while, he's stopped by a little boy.

"What've you got on the trailer?" asks the lad.

"Fertiliser," replies the farmer. "I'm going to put it on my strawberries."

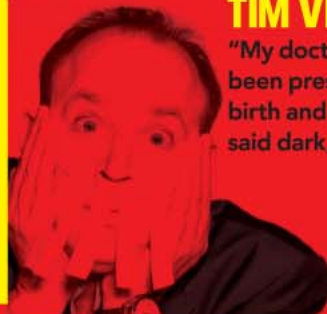
"Cripes!" replies the boy. "If things are really that bad, you should come live with us. We put sugar and cream on ours!"

*Shane Borders, Mapley*

# FAMOUS BLOKES' JOKES!



**JOHN BISHOP:**  
"Female boxing? That doesn't work. Half of the arguments must be at weigh-ins!"



**TIM VINE:**  
"My doctor asked if I'd been present at a child's birth and what it was like. I said dark, then very bright!"

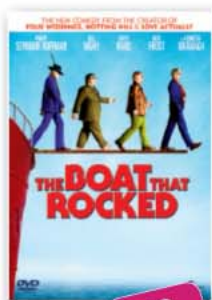


**RICKY GERVAIS:**  
"On *Chatty Man*, Alan Carr asked me my secret for weight loss. I said, 'Aids!' We'll see if they keep that in the show"

**JASON MANFORD:**  
"Adrian Chiles and Christine Bleakley are the most watchable pair on television. After Holly Willoughby!"



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# POP OUT IN **PUBLIC!**

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**SITE VISIT!**

**SOPH** 19, from York

"I gave the boys on the local building site a high-visibility treat!"

**THIS  
WEEK'S  
£100  
WINNER!**



**SHE'S ELECTRIC!**

**CHARLOTTE** 20, from Rugby

"I like to think my boobs have a certain electricity!"



**IN THE PARK!**

**RAE** 28, from Preston

"I was in the park and my jacket fell open! Isn't that just typical?"



**Win £100!**

All printed pics get a Nuts vest-and-shorts combo. The winner gets £100!\* Send your snaps to [nutspopout@ipcmedia.com](mailto:nutspopout@ipcmedia.com) or by text to **0771 388 8008**.

**IN A CASTLE!**

**ROXANNE** 21, from Cornwall

"Is this your first-ever pop out in the ruins of a castle?"



# CAMERA PHONE COMEDY!

**ONLY IN Nuts!**

**Win £100!**

Text 'Nuts' and your picture to **0771 388 8008** (texts are free but standard network charges apply\*). Pic Of The Week wins £100 cash!\*\* T&Cs on page 72.

Seen something daft? Snap it, send it in and win £100!

**RUDE NAME!**

**PIC OF THE WEEK!**



**08:13 SHEILA DIKSHIT**  
Chief Minister of Delhi

"A pic taken from Central News in the Midlands. Ha-ha!" **Mark, Nottingham**

**GOOD ADVICE!**



"My kind of instructions!" **Martin Williams, Essex**



**IT'S ADOLF!**



"Look at my cat. Is it me, or is it Hitler reincarnated in cat form?" **Anon, via text**



**TRAMP WANTED!**

"I saw this in New Zealand. The recession must have hit hard!" **Ed Smith, Wickford**

**VULGAR VEG!**



"This carrot-with-a-c\*ck I've grown seems to be taking a wee-wee!" **Anon, via text**

**WHAT A DEAL!**



"Do you know what? I think I'll wait to get them in the sales!" **Ben, Leeds**

**SCREWED FOOD CORNER!**

**KILLER PEPPERS!**



"The kitchen bullies have gone too far this time!" **Barry, via text**



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# THE TRUTH ABOUT SEX WITH...**SOPHIE HOWARD!**

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Email questions to [thetruth\\_sex@ipcmedia.com](mailto:thetruth_sex@ipcmedia.com)

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## I feel daft!

My missus likes to swallow but I feel daft just standing there waiting to "evacuate the lads". I feel like I'm in a porno and it makes me nervous. Any tips?

*Steve, Blakenall*

That's a tough one because if you're obsessing about it, it'll make the act more difficult to execute. Take command of the situation and tell her you want to unload somewhere else, like on her boobs. A lot of guys like to see themselves unload and you're actually lucky to have a girl who likes to swallow. Maybe it's just time for you to man up!

## Nuts BABES' SEX TIPS!

**No.27:** "Give your girl sexy undies one morning, then think about what you'll be coming home to!"

**Emily O'Hara**



## She loves men in uniform!

My missus is way too into blokes in uniforms. I have mates who are squaddies and I don't trust her. Paranoia or common sense?

*Lee, Bristol*

It could well be a bit of both. You should trust her not to cheat on you – she is your partner, after all – but I'm afraid she's going to find them a bit attractive. If she likes men in uniform, you need to get some, like a US military one or a policeman's outfit, then cuff her to the radiator and have some fun!

## Sex in the club!

My missus performed what the papers call "a sex act" on me while we were clubbing and we both loved it. Now we want to do it more! Is this ridiculous?

*Simon, Teddington*

No, not at all! Loads of people do it! If you're a bit tipsy and the music's getting your heart going, you're obviously going to run off to the loos or even get down to something naughty on the dancefloor. Don't be surprised if you're chucked out, though.

## Is it too hard?

I've started seeing this girl and she likes sex to be done hard. Really hard! It actually worries me a bit. She wouldn't ask for it if she didn't like it, right?

*Nirpal, Bedford*

No! Girls who want it hard – and, more to the point, have said to you to do it hard – aren't going to suddenly want you to hold back!



**NEXT TIME: EMMA FRAIN ANSWERS YOUR LETTERS!**



**"If she likes uniforms, get a policeman's outfit!"**





ONLY IN  
Nuts!

# Nuts NEXT TOP MODEL!

Introducing the hottest new models - in their first ever Nuts shoot!

## Summer! She's a 32D honey from Herefordshire!

**H**i Summer! Are you excited to be **Nuts' Next Top Model**? It's very exciting. I can't wait! I haven't even seen the pictures from the shoot yet, so the first time I see them will be in the mag! Sometimes my boobs are a D, sometimes they're a DD, so it'll be interesting to see how they come across in the mag! **How would you describe your personality?** Talkative. I often get told to shut up! I'm quite bubbly

and excitable. Some people think I'm quite funny. But to be honest, I have to say I'm a bit of a geek, too! **What other Nuts babes do you admire?** I really like Rhian Sugden. The first time I saw in her real life, I thought I was going to die! I just think she's awesome. I like her look and her personality. She's great. **What's more important in a man - good looks or a good sense of humour?** A good sense of humour. I can never be too serious!

**Are you a good girl or a bad girl?** I'd love to say I'm a bad girl, but I'm not! I don't smoke, I don't have any tattoos... no, I'm a good girl. Except when I'm in the bedroom! **What's the most adventurous place you've done rude things?** Probably in a park. I've done a few naughty things in the cinema, too. I always get a bit worried that someone will see me, but it's so dark in there, isn't it? So it's a great place to get up to naughtiness!

**Will we see more of you in Nuts?** I hope so! I'd love to do more for *Nuts*. Modelling is all new to me, but I'm totally loving it so far!

### More Summer

Want to see more of Summer in *Nuts*? Email us at:  
[topmodel@ipcmedia.com](mailto:topmodel@ipcmedia.com)





**"I've been  
naughty  
in the  
park!"**







"Hang on a sec, I can't see!"  
**ON STAGE!**

NEW YO

"Right, who put glue in my hat?"



## The dapper R&B singer holds forth on Barack Obama, traffic warden tattoos and fancying Russell Crowe!

**H**i Ne-Yo! You're called Ne-Yo because you see music like Neo from *The Matrix* sees the world.

**Which would you take – the red pill, the blue pill or just stick to beer?** Knowing I could jump in and out of the Matrix whenever I wanted to, I'd go for the pill that sends me into reality, like Neo did in the film. Why not?

**You've written for lots of famous people like Rihanna, Beyoncé, Janet Jackson and Alexandra Burke. Do you give them the rubbish songs and keep the good ones for yourself?** I wish it was that easy! But whoever pays for the studio time gets to keep the songs. Nine times out of ten, I'll go in and do something that's an absolute masterpiece and part of me will want to just tuck it into my bag and hope no one saw me. Unfortunately, I've got a conscience, so I can't.

**You've also written for The Sugababes. Are you hoping that if you hang around long enough, they'll ask you to join?** I'd like to do something with them that constitutes joining. Not on stage as such, but in some group activity, if you know what I mean. I'm trying to be polite here!

**Cheeky! Your last album was called *Year Of The Gentleman*. What's 2010? Year of the Chav?** Ha-ha! No, it's still going, it's the Millennium Of The Gentleman now. I'm going to hold onto that. **Your new album's called *Libra Scale* because you're a Libra.** Libras are meant to be easy-going, affectionate and sympathetic but they can also be deceptive, thrifty and lazy. **Does this sound like you?** Libras are the wildcard of the zodiac. It's always something different.

Somebody will tell me Libras make good husbands, then the next minute, someone else will say Libras cheat on everybody. But yours is the most accurate description I've heard so far. Where did you find it?

**Erm, on the internet.** It's pretty much me. I have a tendency to be a little lazy and a little frugal. **Libras are most compatible with Aries because Aries are patient. Do you fancy any of these famous Aries – Fergie from The Black Eyed Peas?** Yes.

**Sarah Jessica Parker from *Sex And The City*?** Not so much, no! **Russell Crowe?** Ha-ha! I'd like to hang out with Russell, he's cool. Maybe not romantically, though. He's not really my type!

**You're going to be a dad! If it's a boy, will you call him Leo Ne-Yo?** No, I won't curse my child with a name that even resembles Ne-Yo! I'm excited because

I want to meet him or her, but I'm scared as well! Raising a kid's a massive responsibility.

**You once performed a concert for President Obama. Did you sing *Happy Birthday, Mr President*?** Ha-ha! No, I didn't!

It wasn't his birthday, plus he was only a senator then. If it was his birthday, I'd have sung *Happy Birthday, Mr President*. Not as well as Marilyn Monroe famously did it for JFK but I'd have done my best at least.

**Hip-hop star The Game has a tattoo of a teardrop because apparently he's murdered someone. You were recently done for speeding – are you going to get a tattoo of a little traffic warden?** Yes, a little stop sign right beneath my left eye!

**Are you any good with a yo-yo, Ne-Yo?** No. Not at all!

**Thanks, Ne-Yo. Finally, which of the following awards have you won and which have we made up – Ringtone Of The Year?** Hmm, not sure. Probably!

**Yes, for *Bust It Baby Part 2*.**

**Best Dancing In A Video?** Yeah, that one's definitely real. I think I won it for *Closer*.

**Yes, at the 2008 MTV Awards. Hat Wearer Of The Year?** I think you've made that up! Ha-ha!

*Ne-Yo's new album *Libra Scale* is out to buy from 18 October ■*

**"I'd have sung *Happy Birthday, Mr President* for Barack Obama!"**



# 50 PREMIER LEAGUE

**01** ▶ Liverpool's new midfielder Milan Jovanovic used to flog second-hand cars to make a little bit of extra cash when he was just a young player in his home country, Serbia. Ladas mostly, we imagine!

**02** ▶ Wayne Rooney likes to pamper his pooches. So much so, in fact, he recently spent £10,000 on under-floor heating for his dog kennels. Which works out as ruffly – sorry, roughly – a day's wages!

**03** ▶ Blackpool's Scottish midfielder Charlie Adam used to play for Rangers, where the fans sang a song called *Charlie Adam's Sister's Pants* in his honour. Why they thought his sister didn't wear knickers, of course, is anybody's guess!

**04** ▶ Spurs' David Bentley is setting up his own record label and has already signed up a London band called Life In Film. Well, he does seem to have quite a lot of spare time on his hands these days.

**05** ▶ Man United's new signing from Fulham Chris Smalling was a junior British champion at judo. It's a pity Ronaldo's left, Chris could've shown him how to fall to the ground properly!

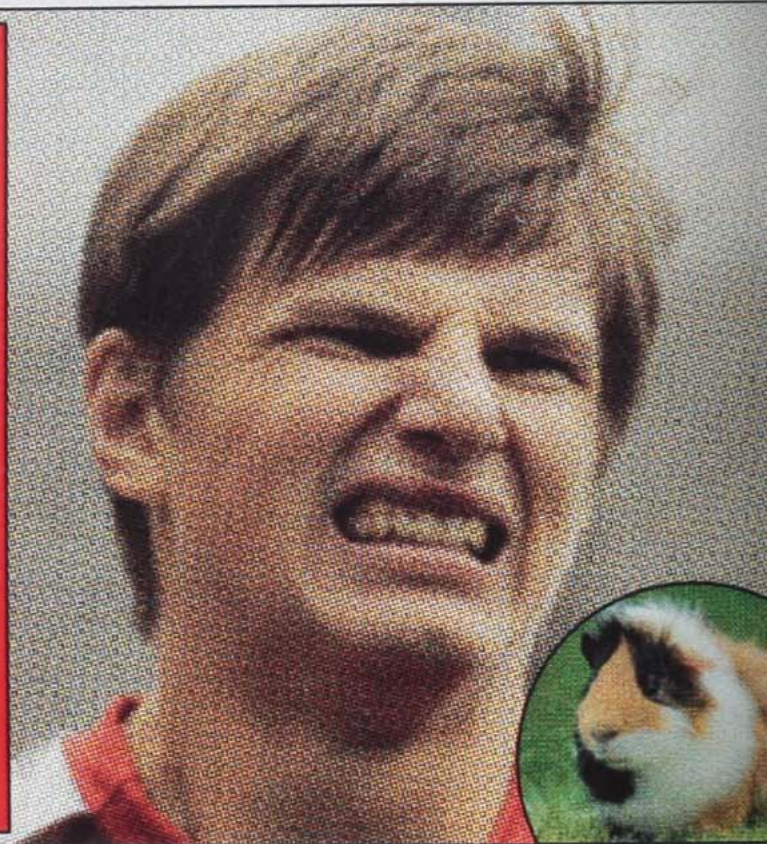
**06** ▶ Blackburn defender Phil Jones studied food technology at school and has confessed he wants to be a chef one day.

**07** ▶ Birmingham keeper Ben Foster had to sing karaoke when he signed for City and decided to belt out *Halo* by Beyoncé.

**09** ▶ **Peter Crouch took an advanced driving course when he was only 17**

## Arshavin in guinea pig terror!

**08** ▶ Andrey Arshavin has a weird recurring dream. "I'm in a field," the Gunner says, "and there are guinea pigs all around me. It's a nightmare." Well, when you're 5ft 7, guinea pigs must be pretty scary!





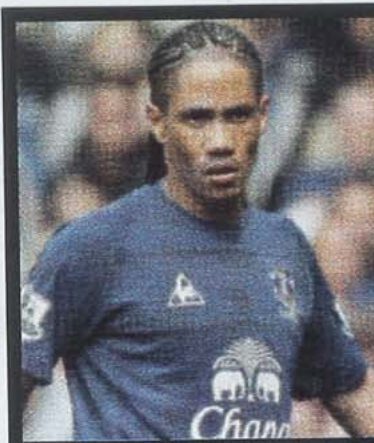
# PIER SECRETS!

**Amazing and completely bonkers facts about footy's top superstars!**

**10►** Newcastle midfielder Danny Guthrie was twice suspended from school for bad behaviour. Luckily, he's got Joey Barton to mentor him now.

**11►** Javier Hernandez was studying for a business degree in Mexico before signing for Man United. You don't need a degree to work out Fergie got a bargain.

**12►** Before hitting the big time, Everton's Jermaine Beckford used to fit windscreens for the RAC



**13►** Stoke City striker Kenwyne Jones was set to join the Army before Southampton spotted him and launched his career. Pity, it might have improved his shooting. Only kidding!

**14►** Chelsea and Israel midfielder Yossi Benayoun's dad used to work in a nuclear power plant in Israel. And had bright green glowing fingers. Probably!

**15►** Alex Song comes from a big family. The Arsenal star has 17 sisters and ten brothers. And one knackered mum, probably!

**16►** Tottenham striker Roman Pavlyuchenko nearly fell off a hotel balcony when drunk the night before his wedding. Well, that's one way of getting out of it!

**PIENAAR IN HIDING FROM ARMED GANGSTERS!**

**17►** Everton's Steven Pienaar used to watch TV in his native South Africa lying on the living room floor because his mum was worried about stray bullets in their tough neighbourhood

**18►** Birmingham giant Nikola Zigic (he's 6ft 7!) had a pretty unusual hobby as a kid growing up in Serbia - he used to build bicycles! Really, really big ones!

**19►** Liverpool's Maxi Rodriguez is nicknamed "La Fiera", meaning "Fighting Bull", because he always clattered opponents as a kid. What's "talking bull" in Spanish? That'd suit a few fellas we know.

**Park Ji-Sung caught up in World Cup whisky shock!**

**20►** Park Ji-Sung had a whisky named after him during the World Cup. Mmm, Korean whisky. Wonder why it didn't catch on? ➡





# IBIZA UNCOVERED!

## Stewart Downing in secret visits to the "party island"!

**21► Aston Villa midfielder Stewart Downing has DJ'd at Eden nightclub in Ibiza. Not a bad job if you can get it – of course, most of his mates were away on England duty at the time, but still...!**



**22► Man United's Darron Gibson has dodgy taste in music as he reckons Westlife are the best band in the world. And everyone knows it's JLS!**

**23► Everton winger Diniyar Bilyaletdinov is scared of the dark and sleeps with a toy elephant by his bed**

**24► Fulham's Dickson Etuhu represented Great Britain at the long jump and triple jump when he was at school. We predict a move to the "boing boing" Baggies of West Brom!**

**25► Pepe Reina is addicted to watches – the Liverpool keeper has more than 15 top-of-the-range timepieces! Presumably so he can keep up with extra time whenever he plays at Old Trafford!**

**26► Thomas Vermaelen read Nick Hornby's novel *Fever Pitch* before moving to Arsenal so he could learn a bit more about the club. Amazingly, he still signed for the Gunners.**

### MAN CITY NEW BOY BALOTELLI BAPTISED ON DEATHBED!

**27► Man City striker Mario Balotelli nearly died as a child after a problem with his intestines and was even baptised in hospital in case it was fatal. He clearly doesn't lack guts, though!**

**28► Arsenal trio Jack Wilshere, Theo Walcott and Aaron Ramsey play *Call Of Duty* online against each other every evening. Before their 9pm bedtime, presumably.**

**29► Spurs' Gareth Bale scored twice in the Welsh national junior hockey final. Just to clarify, he was playing hockey at the time.**

**30► Arsenal's Cesc Fabregas was nine months old when his grandad first took him to the Nou Camp to watch Barcelona.**

**31► West Brom's Gianni Zuiverloon got his big break with Dutch team Feyenoord when his mum picked up a Yellow Pages and phoned the club. Presumably, she started with Ajax and just kept going until she got a yes!**

**32► Tottenham midfielder Jermaine Jenas was a bit of a swot at school and got 11 GCSEs! Now he's a professional footballer. His parents must be so disappointed.**

### 33► Bacary

**Sagna's favourite book is**

***Harry Potter And The Philosopher's Stone***

**34► Tottenham midfielder Tom Huddlestone's favourite toiletry item is strawberry body cream**

**35► Blackburn striker Nikola Kalinic worked as a waiter back home in Croatia before turning professional. A joke about receiving better service back there? No chance. Have you seen the size of Big Sam?**

**36► Chelsea defender Yuri Zhirkov often had to miss training as a kid in Russia to help his family grow vegetables for the winter! Beats the old "I left my kit at home" excuse.**

**37► Man United's Edwin van der Sar only became a goalkeeper when he was nine years old because his junior team's regular stopper was at a birthday party. Handy! Geddit? Oh, never mind!**





# Delap's dinner party from hell!

**38►** Stoke star Rory Delap's fantasy dinner guests would be Liam and Noel Gallagher and Mike Tyson!



**39►** Fulham's Mark Schwarzer has been wearing the same pair of shin pads for 18 years. No wonder he's nicknamed "Whiffy" in the changing rooms.

**40►** Man City's Shay Given places a vial of Lourdes holy water at the back of his goal as a lucky charm. We reckon it must be out of date or something the way Joe Hart's playing!

**41►** Liverpool winger Ryan Babel's favourite TV show is '90s classic *The Fresh Prince Of Bel Air*. They clearly didn't show *Beverly Hills 90210* in Holland!

**42►** Chelsea midfielder Ramires used to work on a building site in Brazil

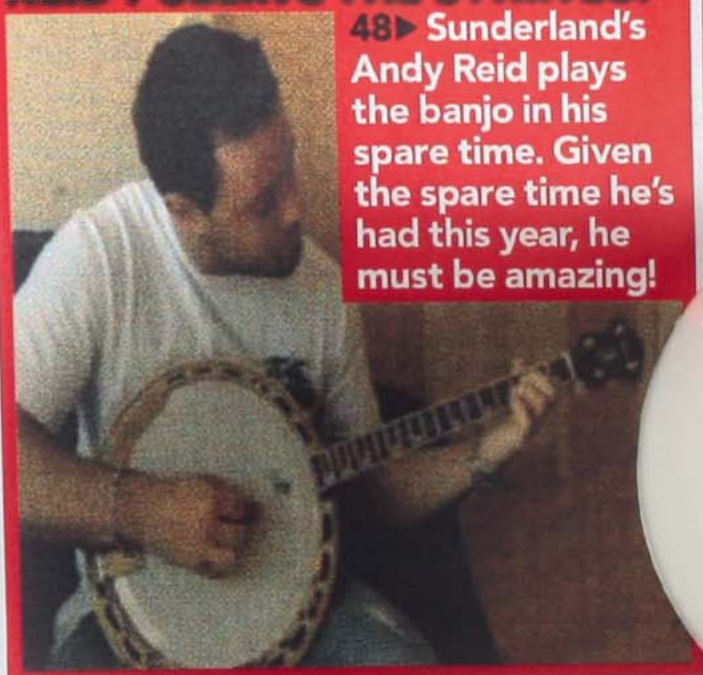
**43►** Playing for Hamburg, Man City midfielder Nigel de Jong was known as Rasenmaher – the Lawn Mower – because of the way he cut down opponents. Not the coolest of nicknames, that one. "Yeah, hi gorgeous, the lads call me the Lawn Mower!"

**44►** Chelsea midfielder Mikel's full name is actually John Michael Nchekwube Obinna. Michael was changed to Mikel when the Nigerian FA submitted his name incorrectly for the 2003 Fifa U17 World Championships. He liked the new moniker, so he decided to keep it!

**45►** Sunderland striker Darren Bent is such a big fan of Twitter that he once had the website's logo stitched on his boots. Until, presumably, someone told him Twitter helped people to improve their drivelling, not dribbling!

**46►** Spurs' tiddly Croatian playmaker Luka Modric is a distant cousin of former Leeds, Middlesbrough and Newcastle striker Mark Viduka. Looking at the size of him, we're thinking that's a very, very distant cousin!

## REID PULLING THE STRINGS!



**48►** Sunderland's Andy Reid plays the banjo in his spare time. Given the spare time he's had this year, he must be amazing!

**47►** Man City's Adam Johnson has an embarrassing secret that Blues fans might not appreciate – he grew up supporting Man United and idolising Ryan Giggs! Still, he's not a bad role model to have!

**49►** Chelsea legend Frank Lampard is so clever he was asked to appear on the BBC's *Question Time* – but turned down the invitation. Or couldn't work out how to open the email. One of the two!

## Clint Dempsey in rap video shame!



**50►** Fulham's midfield star Clint Dempsey grew up on a trailer park in Texas before making it as a professional footballer. And he's also released a rap tune called *Don't Tread On This*. It's rubbish! ■





# Sexiest calendars

# 2011

**Want to make  
your walls sexier?  
We think we  
have the answer!**

**F**ew would argue that in terms of lovely ladies, 2010 has been one of the hottest years ever. But don't switch off those fans just yet, because next year promises to be even more sizzling! For proof, check out these pics from your favourite girls' new calendars. Phew!







# Kelly Andrews

**H**i Kelly! Why should *Nuts* readers buy your new calendar? When you wake

up on a rainy day and see my calendar on your wall, you'll get a smile and a bit of sunshine from it! I'm not very good at selling myself, am I? Help me out here!

**You're doing fine! How would you describe the calendar in three words?**

Bright, sexy and fun – like me! It's quite smiley and there are some silly shots in there as well, like me spraying myself in the face with a hose and stuff!

**Where did you shoot it?**

In a villa in Majorca. It was lovely but my make-up kept sweating off in the sun. It was horrible! And I scraped myself to pieces on a stone wall I was posing on!

**Did you give your calendar out to your mates last year?**

I gave it to a couple of friends as a joke and they just laughed, because they don't see me as sexy. They lined the bin with my pics and drew moustaches on them. Boys will be boys!

**Do you get bored of being sexy all the time?**

I don't think I'm that sexy at home, when I have no make-up on or anything. If *Nuts* readers saw me off duty, I bet they'd get a shock.

**Finally, which month do you like best?**

It would have to be January because it's my birthday and I always get spoilt! As far as sex goes, I have more in the winter because I tend to get more boyfriends then for some reason. So January is doubly good for me! ➔

Kelly Andrews' calendar is now available at [nuts.co.uk/calendars](http://nuts.co.uk/calendars)





2011 CALENDARS





# Lucy Pinder

**H**i Lucy! Where did you shoot your calendar this year?  
In Majorca. Places

like Majorca and Ibiza are perfect to get undressed in because there are quite a few nudie beaches there!

**Which of the pics do you like best?** My favourite pics are the ones on the beach, just after the sun's gone down. I have wet hair and they're very sensual shots. And you can't go wrong with a soaking-wet vest!

**Do you employ someone specifically to rub oil into you and tweak your nips?**

No, I don't have a nipple-tweaker! The girls who do my hair and make-up keep me oiled, so I'm afraid there are no job vacancies for nipples or oiling. Actually, I'm thinking of having my nipples insured!

**What?** Yeah! I went jogging once and I wore the wrong sort of bra. When I got back, my nipples were on fire from being rubbed up! I had a bath and calmed them down. Then my cat scratched one of them!

**Poor you! You've done lots of calendars – will this be your last?**

I certainly hope not. If they ask me again, I'll do more. Why, do you know something I don't? Are you doing a Fabio Capello on me and telling me I'm too old for it? Ha-ha!

**Never! Finally, is this your sexiest calendar yet?** Of course! I think my boobs look good. There's some really good cleavage, if you're a cleavage fan. I wear bikinis that really make the most of my assets! ➔

Lucy Pinder's calendar is now available at **nuts.co.uk/calendars**





## Gemma Merna

**H**i Gemma! We love the new *Hollyoaks* calendar. Where did you shoot it?

In a luxury converted barn in Herefordshire. We had a great few days, all the girls together having a laugh and being given these sexy bikinis and swimsuits to wear. It was fantastic!

**Your own photos look amazing.** Thanks! We went for this whole country manor house look, which I think worked well. The

only down side was that I got splinters in my bum from leaning against a barn door in a gold swimsuit!

**Which is your favourite month?** I love February because it's my birthday. Yes, I know it's wet and wintry but I love receiving pressies and having parties!

**Which of these locations would be the most appealing for your next calendar – Blackpool, Moscow or the North Pole?**

This may sound daft but I'd go for the North Pole. It would be cold cavorting around in bikinis but the pictures in that landscape would be amazing!

**You'd have to watch out for polar bears, though.**

Polar bears are really cute! Imagine me in a bikini next to a polar bear. Bonkers!

**Where would you like to see the *Hollyoaks* calendar hanging up?** In every shop and every *Nuts* reader's house in the land! It's

a really sexy, warm and beautiful calendar that everyone deserves to see!

**Finally, do you have a message for our readers?**

We hope you really like the pictures, fellas. All the girls will be so grateful if you buy the calendar – and if you do, we'll shoot even sexier pictures next year!





# Jennifer Metcalfe

**H**i Jennifer! The *Hollyoaks* calendar is a big deal for blokes. Why is this?

I don't know! Because we all have very nice glossy hair, nicely groomed toes and good personalities?

Ha-ha! I'm sure no man's shallow enough just to look at our bodies, are they?

**Surely not! There are loads of hot girls in the calendar.**

**Who looks the best?** I think everyone looks amazing.

Karen [Hassan, who plays Lynsey] is a great addition this year. And we're all different. You have blondes, dark hair, curvy girls, slim girls, big boobs, big bums and all sorts. There really is something for everyone!

**What did you like wearing?**

In one shot, I'm wearing a really nice cream-coloured bikini with gold on. And in another, I'm wearing this costume that I bought from Agent Provocateur and I'm sort of leaning against a fence.

**If you were to shoot your own calendar, what would it be like?**

You'd probably find me in really random places. Like January, in a skip. February, chilling on a doorstep. Ha-ha!

**What calendar do you have on your wall at home?**

I haven't got one at the moment. I need a calendar and a diary. At the minute, I'm so busy with work and I'm always late. They get really angry at me! My New Year's resolution is to work on my timekeeping!

**Finally, if they named a day after you, what would happen on it?**

Everyone would have to bathe in beer and drink cocktails all day.

That's the perfect day for *Nuts*, really, isn't it? ➡









# Rosie Jones

**H**i Rosie! Where did you shoot your new calendar?

I was boring and did it in London! I really wanted it to be different because everyone does theirs on beaches. Mine's not all bright and colourful – it's moody and sensual.

**Which of the pics do you like best?** I can't remember which month it's for but in one pic, I'm wearing leather trousers and I'm oiled up. I remember liking that one!

**Blimey! At which time of the year do you think people have the most sex?** Probably around Christmas and the new year because it's cold outside and people stay in and get it on. Maybe that's why there are so many summer babies – because everyone gets busy at the start of winter!

**If they were to name a day after you, what would happen on it?** That would be amazing! It would have to be in summer. Everyone would walk around with no clothes on, and drink loads of alcohol and eat cake!

**If you could have any girl's calendar on your wall, whose would it be?** Emma Frain's. It's amazing!

**Finally, if you walked into a mate's bedroom and he had your calendar up, would you be pleased or embarrassed?** I'd be pleased but I'd have to cover up my nipples with Blu-Tack! A boy from school said there was a poster up in his common room with around six of us on it, and he covered up my boobs! Nobody else's, just mine! ➡

Rosie Jones' calendar is now available at **nuts.co.uk/calendars**





# Sophie Howard

**H**i Sophie! Where did you shoot your new calendar? In Ibiza. I love it there.

But despite going there five times, I've never been to any of the massive clubs! I need a tour guide to show me what's what. Maybe we could do a competition in *Nuts* where the winner gets to show me around!

**Is this the sexiest calendar you've done?** It's different from the last one, and just really straightforward. I'm not trying to fob anyone off with loads of fancy stuff. It's just me, my boobs and a beach. Simple!

**Which of these locations would be more appealing for your next calendar – Blackpool, Moscow or the North Pole?** Blackpool – although it would have to be a sunny day. I once did a shoot on the beach there and it was the coldest I've ever been. A few minutes more and my nips would've fallen off from frostbite!

**Have you ever seen one of your calendars hanging up anywhere?** I walked into a garage the other day and they'd put a poster of me in the window. But it didn't fit, so they'd sacrificed my head for my boobs. It made me laugh! I'd love to see my calendar hanging up in a gents' toilets. Ha-ha!

**Finally, what do your male friends think of your photo shoots?** They don't really tell me but every so often, I'll get a text from one of them saying I owe them 20p because I ruined their morning masturbation by being on Page 3! Ha-ha!

Sophie Howard's calendar is now available at [nuts.co.uk/calendars](http://nuts.co.uk/calendars)





# Lindsey Strutt

**H**i Lindsey! Where did you shoot your new calendar?

In Majorca. Sadly, it wasn't that hot, though, as it was chucking it down with rain most of the time!

**Is this your sexiest one yet?**

Definitely! Normally, I do happy shoots on a beach or something, but this one's edgy and retro-looking. I'm smoking and stuff, which I don't normally do!

**Got any funny stories to tell us about the shoot?**

There were three girls on the shoot and we all got eye infections! I didn't think I'd be able to have my pics taken, as my eyes were closed up the day before!

**Which month of the year do you like best?** Probably December, because it's Christmas and you get lots of presents! I get dead excited about snow as well!

**Where would you like to see your calendar hanging up?** I'm not sure but my granny has one hanging on her living room wall!

That's a bit strange, isn't it? Whenever anyone goes to her house, she points to it and says, "You see her? That's my granddaughter!"

**What do your male friends think of your shoots?** If they see me in *Nuts*, they say I look good but they

say I look good but they don't really go into detail. I'd slap them if they said anything bad about me!

**Finally, what's the weirdest calendar you've ever seen?**

That one with all the naked old ladies was a bit gross! I know it was for charity but I don't think I'll be getting my bits out when I'm 50! ➔

Lindsey Strutt's calendar is now available at [nuts.co.uk/calendars](http://nuts.co.uk/calendars)





# Leah Francis

**H**i Leah! How are you? I'm feeling delicate, as it was my birthday party last night. It was brilliant! At one point, this bloke came and sat at our table. I thought he was a stripper, so I lifted his top and licked his stomach. But he wasn't! **Where did you shoot your new calendar?** In Ibiza. It was lovely. We went on a nudist beach at one point, which was hilarious. Most of the people's eyes popped out when I stripped off! **What's the theme of the calendar?** We went on an absolute mission. Anything we saw when we were driving around, we got out and shot. We stopped at an old fairground, a boat yard, a gypsy camp – all sorts of places! I'd just shout, "Stop!", jump out of the car, whip off my clothes and have some photos taken! **What would you like to do for next year's?** My first calendar, last year, was quite girl-next-door and basic. This year's is quite fun. Next year, I'd like to do a bondage calendar, as I'm really into all that dominatrix stuff. I think a lot of people would like that! **Finally, if they were to name a day after you, what would happen on it?** On Leah Day, there wouldn't be any parking fines or traffic wardens. We'd all have to go to a bar and do shots. And everyone would just have to be loveable and nice to each other. Spread the vibes, have sex and neck a few drinks. I'd pay people back in love and boobs!

Leah Francis' calendar is now available at [nuts.co.uk/calendars](http://nuts.co.uk/calendars)





# Emma Frain

**H**i Emma! Where did you shoot your new calendar?

In Majorca, and it rained every day! We did one pic on a big bank and it just started hammering down. I was trying to climb this bank in my high heels and I nearly broke my neck!

**How would you describe your calendar?** It's a bit edgy and different. There's denim and check shirts, but no bikinis or anything like that. That's what I prefer because I'm more relaxed when I'm not done up to the nines. The photographer said, "Just stand like you're waiting for a bus." And I thought, "This is easy!"

**Did you have any wild nights out?** We didn't have many parties, because I was there with Lindsey Strutt and we're like grannies when we're together! We stayed in one night when everybody else went out to this bar, and just had a cup of tea and watched TV!

**Why should Nuts readers buy your calendar?** Because it has me in it! There's lots of skanky scenery with me in the middle of it. So if they look at it, they'll feel happy it was me who had to stand there and not them!

**Finally, what calendar do you have at home?** I have my agency's calendar for a bit of boob, the Robert Pattinson one for some boy action. And I have a Great Dane one. I told my mum that when I move out, I'm getting a Great Dane. Then she got me this calendar. I think she's trying to make me move out! Ha-ha! ■

Emma Frain's calendar is now available at [nuts.co.uk/calendars](http://nuts.co.uk/calendars)





# Nuts SPORT

TACKLED BY A TRAFFIC CONE, EVERY WEEK!

**SHARP SHOOTER!**

Quasimodo was showing promise

## Chelsea vs Arsenal

Two wing wizards talk to Nuts ahead of Sunday's big one!

**Malouda:** "Every week, it's a war!"

**H**i Florent! What's the secret behind Chelsea's amazing goals-to-game ratio this season? Good players! Easy, huh? Seriously, we have goals in every position. The way we play means there are dangers for the opposition all around. The Chelsea way is to push forward, to attack always – and it's working very well for us. **Do you think you intimidate other teams?** This is the best and hardest league in the world – every week, you know there'll be a war – so no, I wouldn't say that. And as champions, you're there to be shot at. But we know that if we keep our philosophy sound and maintain these standards, we'll win many more games.

Are Chelsea playing the best football since you arrived at Stamford Bridge? This team is functioning in a special way and everyone knows what they're supposed to do. This allows us to get the best out of our attacking options. But I don't think we're at full capacity. We can get better! **With you receiving rave reviews seemingly every week, it's hard to believe you nearly left Chelsea a year or so ago!** Every footballer needs confidence and mine's high now – maybe it wasn't for a while before. When your team-mates and your coach make you feel important to the overall effort, you want to perform well for them and yourself. I feel this is my home.

What do you say to critics who suggest this Chelsea team is a bit long in the tooth? This was said last season and look what happened! We have experience, yes. Our dressing room is full of internationals who can cope with many situations, but the most important thing is the quality of the individuals. If we stay focused, we'll be worthy champions again. **Finally, there's talk that Chelsea can do the treble this season. How does that sound?** Fantastic! The games will keep coming and we'll do everything in our power to win every one. To retain our title is an incredible motivation but to win the Champions League for the first time would definitely overtake anything else!



## Arshavin: "This is our time!"

**H**i Andrey! Arsenal have enjoyed a strong start to the season. What are your chances of winning the Premier League this season?

This can definitely be our year! We must believe this because it's time for us to win something. People often say nice things about our football but this is empty without trophies. We've started very well but it's more important to continue through the season and end well, too.

**So you think Arsenal's youngsters can graduate into genuine title contenders?** I've no doubt we can win the title. Our players have grown up. Not physically, because these have always been strong individuals, but mentally. In our good matches, we play beautifully, score many goals and run all over the opposition. Now, I think we know we have to win games even when the play isn't so attractive.

**Do you think Arsenal get a rough ride from physical sides?** Sometimes, it's difficult to cope with teams that go out to stop us. I often think it would be good if everyone played football rather than kicked. Then the sensible side of me says, "Look, Andrey, this is the way of life." It's up to us to cope with all the aspects.

Cesc Fabregas' decision to stay at the club must be a massive boost. It was obviously great that our captain remained with us. He's our little genius, the player who makes us function at a high level, the man who the supporters are 100 per cent behind. Any team in the world would be glad to have him. **You've said you haven't been especially pleased with your own performances. What's been wrong?** It's difficult to identify the issue. I'm missing a spark. Maybe it's just my time to suffer and after this period, I'll be back to my best. But I'm a man and I must adapt to disappointments. I've never walked away from bad situations and I won't start now. **Finally, are you still in love with Arsenal?** I very much enjoy being at Arsenal and living in London generally. The club is very special and has a good heart. The moment the love disappears, I'll leave – but isn't this the same for any footballer? Money doesn't make me excited, football does. When I came to Arsenal, the dream was to win many trophies. This hasn't happened yet but the signs are good for the future. I have a lot of faith in the team and manager. I have genuine belief that this is our time.

# Arsenal special!!

"Daddy, I've got windypops"

WITH THE GAFFER!

**Chelsea vs Arsenal**

Sky Sports 2, Sunday 3 October, 4pm



# KAMMY!

**ONLY IN  
Nuts!**



He's footy's funniest pundit – and he's only in *Nuts*!

He always got carried away by the Champions League theme

## 'Berbatov can be a United legend!'

**W**ith Wayne Rooney struggling to come to terms with the recent tabloid stories about his private life, and his football suffering on the pitch, Man United fans couldn't have been blamed for being worried about their team this season.

**"I fully expect the Bulgarian to net 20 this season"**

Having thrown away leads against Fulham and Everton, they were drawing 2-2 at home to Liverpool and in danger of slipping six points behind Chelsea after just five games. Suddenly, Dimitar Berbatov rose above the Liverpool defence to not only bag three points, but to change the opinions of most fans in Britain.

The Bulgarian has found it difficult to adapt to the pace at Old Trafford for the last couple of years. When he was at Spurs,

he was the main man and all their attacking football went through him. But the pressure of becoming United's record signing seemed to affect him and he looked a massively expensive flop at best – at worst, it looked like he wasn't bothered.

This season, however, he's picked up the gauntlet thrown down by the faltering Rooney and is beginning to reward Sir Alex Ferguson's gamble on him two years ago. His spectacular second goal against Liverpool

was breathtaking, and now that he's retired from international football, I fully expect Berbatov to score in the region of 20 goals this season – possibly more than Rooney will get.

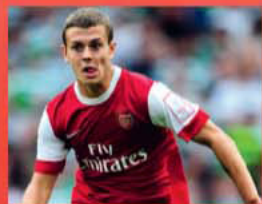
Whether that'll be enough to hang onto Chelsea's coat tails remains to be seen, but I think Carlo Ancelotti's boys could stumble after a few injuries or defeats, and it might just be the once-derided, laconic Berbatov who's waiting to pounce. If he lays off the fags, of course!



KAMMY'S  
UNBELIEVABLE-  
OMETER™UNBELIEVABLY  
GOOD!

## GREAT GUNNER!

Jack Wilshere's display in Arsenal's 4-1 defeat of Spurs was superb. I'm starting to see what the fuss is about him now, and it's good news for England.

UNBELIEVABLY  
BAD!

## A BIT RICH!

I was interested to see Arsene Wenger criticise English football for being too physical, just before being fined for pushing an official. He won't say that again!



## CHRIS' CRYSTAL BALL!

Chris predicts the week's big games!

1 CHELSEA VS ARSENAL  
3 OCT, 4PM, SKY SP 1/HD

Arsenal have improved this season but I think Chelsea are still too good for them, and Didier Drogba always does well against the Gunners.

KAMMY SAYS: 2-1

2 MAN CITY VS NEWCASTLE  
3 OCT, 1.30PM, ESPN/HD

Newcastle will get a few more surprising wins this season, but they won't get anything from their trip to Eastlands, as City are just too good at home.

KAMMY SAYS: 2-0



## ASK KAMMY!

Hi Kammy! Does it surprise you that Liverpool are struggling so badly this season? Do you think they'd have been better off keeping Rafa Benitez as manager?

*Stu-pot, via email*

Absolutely no way, Stu! The reason Liverpool are in so much trouble is because of Benitez and the players he brought in. Roy Hodgson doesn't have a magic wand, and it'll take him at least 12 months to sort out the mess that Rafa left behind.

He has a good core of a squad, though, and I think he'll do it.

"Hey Stevie, seen my eyeball anywhere?"

DRAW  
KAMMY!

Ha-ha! That's not a bad one, Katrice! Keep 'em coming, folks!

Kammy needs you!

Send Kammy your jokes, pics etc to [kammy@ipcmedia.com](mailto:kammy@ipcmedia.com). The best one each week will be sent a signed Nuts T-shirt!



By Katrice, via email

3 WIGAN VS WOLVES  
2 OCT, 12.45PM, SKY SP 1/HD

This is a hard one to call, as both teams are struggling at the moment, so I'm going to sit on the fence. It'll be a hard-fought draw, and won't be pretty at all!

KAMMY SAYS: 1-1





# Top tips to play poker like a pro!

## Expert advice on how to win big in the *Nuts* poker room

### 1 DON'T BLOW YOUR WAD!

Be cagey with your cash and only lay bets you can afford to lose. Don't put yourself under pressure by raising the stakes to chase your losses – you'll play worse when you're scared of losing. If you think you're the weakest player at the table, it's time to bust a move and drop down a level.

### 2 LAY OFF THE BOOZE!

Sinking cans playing "heads up" poker at home with the lads might be a bit of fun, but when you're playing chaps online who are only out to nab your cash, you need to keep a clear head!

### 3 CHOOSE YOUR HANDS!

While the big guns of the game might be able to play any two cards with skill, you'll need to build your confidence and protect your bankroll. Choose only the best starting hands to gamble with, and if you hit something big on the flop, bet hard!

### 4 PLAY TAG!

We're not talking playground here – to roll with the sharks, you need to play tight and aggressive. Be selective, then when you think you've got the best hand, go big.

### 5 STAY COOL ON THE DRAW!

If you've got a straight or a flush draw, don't keep calling bets just to see if you hit. If you're not getting the correct odds, just fold. And remember to draw to "Nut hands" (A high flush) rather than low hands (7 high flush) as even if you hit your low flush, you may be beaten by a higher flush!

### 6 ASSUME THE POSITION!

Play moves clockwise in poker. The worst position is the small blind spot and the best is the button. If you're right of the button, you see what everyone has done before it's your turn to act, so it's the best spot to go for it and play most of your hands.

### 7 GO EASY WITH THE BLUFF!

Starting out, most players like to see what the other player is holding, so they call a lot more than they fold. This means people will call your bets more than they fold to them. So don't bluff too often or you'll get found out!

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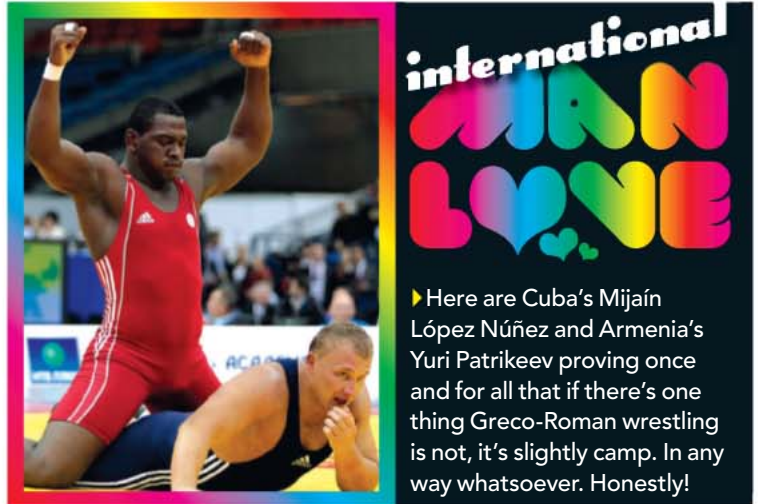




**ONLY IN  
Nuts!**

# NUTS ABOUT SPORT!

Funny goings-on in the wonderful world of sport! Send pics, chants etc to [tim\\_bradley@ipcmedia.com](mailto:tim_bradley@ipcmedia.com)



PHOTOS: ACTION IMAGES, BACKPAGE IMAGES, CLEVA MEDIA, GETTY, XPOSURE



# RING OF TRUTH!

Football seen through the *Nuts* comedy glasses!

ONLY IN  
**Nuts!**

**COLE: WILLY  
INSPECTOR!**

Lionel's got  
a new pet!  
"I'll take this one! He  
looks simply delicious!"

**MESSI AND PAL!**

**NOSE  
POSE!**

"Smell my  
finger' is  
boring on  
your own!"

"Good shape...  
Nice balls...  
Could be cleaner!"

**ARSENE PRAYS!**

"Our Father,  
I'm sorry I didn't  
see the foul!"

**EVATT:  
FONDLER!**

"Yep, that Prince  
Albert was a  
great idea!"

**NEVILLE:  
BORED!**

"Wake me up  
when the Scottish  
git shuts up!"

**DIOUF:  
DAFT!**

"I call it my  
'please punch  
me' look!"



# MAN-LOVE CORNER!



**SQUAT 'N' HEAVE!**

"I knew I shouldn't have eaten those prunes!"



**MACDONALD: STINKY HAND!**

"Note to self - buy thicker toilet paper!"



"Ladies, this one's for you!"

**NOLAN: BUFF!**



**GET FUNKY!**

"Wahey! I love pointing!"



**CRAZY CAPELLO!**



"Yes, I'm afraid you have haemorrhoids!"

**EBOUE: GROPER!**



"I just won £2 on a Lotto scratchcard!"

**LEGS UP!**



**GET IN, SON!**

"You won't find your contact lens there, mate!"



# 'QUOTE ME ON THAT!'

This week's biggest match debaters!

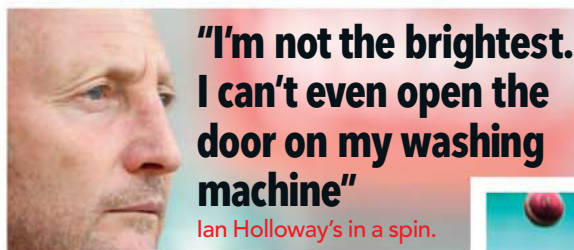


**"I'm more suited to Inter Milan or Real Madrid"**

Of course you are, Sam Allardyce.

**"Me posing nude for a gay magazine could be fantastic for cricket"**

Jimmy Anderson gives us the willies.



**"I'm not the brightest. I can't even open the door on my washing machine"**

Ian Holloway's in a spin.

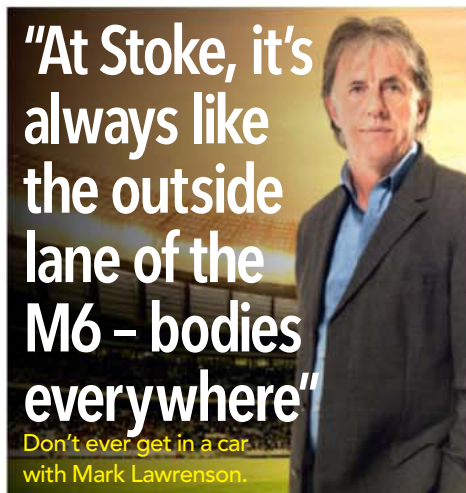
**"Frederic Piquionne curled one into the top corner, which hit the bar"**

So not into the top corner, Alan McNally.



**"Roy Hodgson speaks very well"**

That's not weally twue, though, is it, Kenny Dalglish?



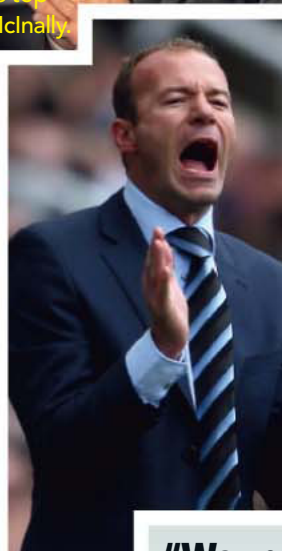
**"At Stoke, it's always like the outside lane of the M6 – bodies everywhere"**

Don't ever get in a car with Mark Lawrenson.



**"Phil Neville was a better cricketer than Freddie Flintoff"**

England bowler Graeme Swann has gone batty.



**"The keeper stood with his legs"**

It's usually best that way, Alan Shearer.



**"Tevez's new haircut makes him look like a rugged Latino – if you keep one eye closed and the other squinted"**

Love is blind for West Ham MD Karren Brady.

## 'OO-ER SOUNDS A BIT RUDE' CORNER!

**"I've only ever really done this in my bedroom"**

Lewis Hamilton prefers to play in private.



**"The Rangers players expose themselves at home"**

Ruud Gullit demands a quick flash.



**"We often have to pull Jamie Mackie off"**

QPR boss Neil Warnock on a bonus for his star striker.



**"Wayne Rooney's thick and yet he's on £100,000 a week. I only get £100,000 a day"**

Horse racing's John McCrick.





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Nuts!

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STORIES!

Nuts SPORT

# Striker

By PETE NASH and SIMON RAVENHILL

striker3d.net



CONTINUED NEXT WEEK



# Nuts REAL GIRLS

TEXT BY ROB BROTHERS & JESSIE

## BEDROOM BABE!

**Louise** 19, Norwich, legal secretary  
"I keep my figure by doing Bodycombat. I love getting hot and sweaty by kicking and punching for an hour!"

**Want to be a Nuts model?** Only work with official Nuts staff. If you're approached by a photographer, call us on 020 3148 6927 to confirm they're genuine.





**"The key to  
my heart  
is a man  
who makes  
me laugh!"**



**TURN TO VOTE FOR OUR  
NEXT BEDROOM BABE!**



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**gambleaware.co.uk**

**jackpotjoy.com**



# BEDROOM BABES!

Vote for your favourite – and she'll star in *Nuts*!

Vote for your favourite at [www.nuts.co.uk/girls](http://www.nuts.co.uk/girls)

**Ladies, send us your pictures!** Send your photos to Real Girls UK, *Nuts*, 4th Floor, IPC Inspire, the Blue Fin Building, 110 Southwark Street, London SE1 0SU. Or email [nutsgirls@ipcmedia.com](mailto:nutsgirls@ipcmedia.com). You must be at least 18 years old.

**ONLY IN  
Nuts!**

## Josephine

23, Witney, dancer

"I like a man to have a bit of swagger. So come on, fellas, it's time to get confident!"

## Molly

20, Whitstable, waitress

"I'd like to be flown to Las Vegas and stay in a hotel room with a mirrored ceiling!"

## Carly

23, Berkshire, receptionist

"My sexiest outfit is a black see-through bra, stockings, suspenders and killer heels!"

## Melissa

18, Farnborough, student

"A guy once said to me, 'You see my friend? He wants to know if you think I'm fit!'"

**Vote now to see more of your favourite girl!**

The winner gets her own *Bedroom Babes* shoot in a future issue of *Nuts*!

Choose the girl you think is the hottest, go to [www.nuts.co.uk/girls](http://www.nuts.co.uk/girls), click on the "Bedroom Babes" bit and vote for her. It's as simple as that!



# REAL GIRLS, REAL PLACES!

**ONLY IN  
Nuts!**

**THIS WEEK:**

**Name:** Mellie

**Age:** 19

**Boobs:** 32D. "They're just the right size for me!"

**Likes:** "Bad boys."

**Ever kissed a girl?** "Yes, I've done it a few times!"

**Strangest place you've had sex:** "In a fridge!"

**Sex tip:** "Tickle my back!"

**Ladies, would you like Nuts to hang out with you for the day?** Email a photo and a bit of info about yourself to [nutsgirls@ipcmedia.com](mailto:nutsgirls@ipcmedia.com) or write to Real Girls UK at the address on page 72. You must be at least 18 years old.

## Mellie's saucy tour of Surrey

The *Nuts* bus stops in Walton on Thames!



### Mellie on... eating!

"I love food! I eat until I feel sick! My favourites are sweets, crisps and chocolate. And I don't do any exercise. I hate it!"



### Mellie on... vegging out!

"I always get up really late, so I never have time to put on my make-up before I go out. I don't mind, though – I'll go to the shops in my tracksuit!"



**HELLO!**



### Mellie on... her home!

"I'm in Walton on Thames. It's near London, so you can pop in to go shopping or clubbing. But there are lots of nice shops and restaurants here, too!"



### Mellie on... getting ready!

"I can get ready to go out in half an hour, which is quicker than anyone I know. I hate faffing about! Make-up, choose an outfit and I'm ready to go!"



**"You get more attention as a blonde!"**

**Mellie on... her undies!**

"I spend loads of money on underwear! I probably spend half my wages on nice sets of lingerie. Well, you can't put a price on feeling sexy, can you?"

**Mellie on... her assets!**

"My boobs are 32D and I like to show them off when I can. But when I'm out, I probably get the most compliments on my eyes and my smile."

**Mellie on... being blonde!**

"I've just turned blonde. You get more attention as a blonde but feel smarter as a brunette. I switch between the two for the best of both worlds!"

**Mellie on... sleeping!**

"I go to bed really early and wake up really late. I could sleep all day! I'm a real fidget in bed and I spread myself out diagonally. But I'm cuddly, too!"





# Ladies and gents, it's time to laugh your heads off

**The loaded LAFTAS hunt for Britain's brightest new comic is hotting up. Now see the finalists in action for free**

**Y**ou *Nuts* readers are a funny bunch. Hundreds of you have uploaded clips of yourselves performing comedy skits in a bid to be crowned our new star of stand-up comedy. Now you can rate the finalists over a selection of cracking stand-up nights around Britain. Dates and venues are listed below, and admission is completely free. So jog on down and tell us who should win.

Greg Burns will be hosting the final in London



**30 September in London  
Sway, Covent Garden**

Compere: Geoff Norcott  
with Ian Stone

**7 October in Croydon  
Tiger Tiger**

Compere: Rich Wilson  
with Tony Hendriks

**14 October in Nottingham  
Jongleurs**

Compere: Rudi Lickwood  
with Jeff Innocent

**21 October in Glasgow  
Tiger Tiger**

Compere: Des Clarke  
with Raymond Mearns

**28 October in Portsmouth  
Tiger Tiger**

Compere: Mark Olver  
with Sean Meo

**4 November in London  
Sway, Covent Garden**

Compere: Patrick Monahan with  
Britain's Got Talent's Kev Orkian

**11 November in Nottingham  
Jongleurs**

Compere: Patrick Monahan  
with BGT's Kev Orkian

**25 November in London  
Sway, Covent Garden**

Compere: Greg Burns  
with BGT's Kev Orkian

PICTURE: PHOTOSHOT

Visit

**loaded.co.uk/laftas**

**to see the finalists in action**





# LADIES CONFESS!

**100%  
REAL  
STORIES!**

## TO OUR SECRETARY!

**IT'S LOU!**



**CONFESSION OF THE WEEK!**

### 'School reunion was a sex fest'

I met up with some school friends a few weeks ago and we were swapping stories when one of the girls remembered how we used to play spin the bottle and strip poker with boys. Suddenly, a pack of cards appeared and it wasn't long before the five of us were down to our thongs. One of the girls dared me to kiss another and someone else had to lick the next girl's nipples. There was no awkwardness at all, and I started kissing and licking my friend's boobs, while the others kissed. We were writhing around naked on the floor before I knew it! I can't wait for the next reunion!

*Gail, Essex*

### 'She heard my scream of joy'

My boyfriend and I went to stay with his sister and her husband for the weekend. His sister is lovely but quiet and shy, and she seemed to get embarrassed

whenever we kissed and cuddled in front of her. On the Saturday afternoon, we'd been relaxing on the sofa when I came over all horny. I whispered my dirty thoughts to my man and we sneaked off up to the spare room for a bit of fun. We were going at it really loudly and didn't notice

that the bedroom window was wide open. As I reached the point of no return, I screamed out, and moments later, we heard a voice shouting from outside, then footsteps came rushing up the stairs. It seemed his sister thought I'd had a fall and was running to help. I'm not sure who looked more embarrassed as she stood in the doorway staring at us naked on the bed. It's fair to say the atmosphere in the house was a little bit awkward after that, but I reckon she was only jealous of all our sexual activity!

*Ali, Canterbury*

### 'I took him in my mouth'

I had to go on a work training course recently and the tutor was really fit. At one point, while I was leaning over a desk, I saw he had his eyes on me – he was looking down my top and I could tell that he liked what he saw! On the day before the final exam, we had practical tests, which meant a one-on-one session with him, so I wore a sexy short skirt, stockings and a low-cut top to make sure I got his full attention. As we went through the practical, his hand accidentally brushed over my hip. He apologised but I took his hand and placed it back on my hip. That was all the encouragement he needed and soon his hands were all over my body. As he ran his fingers up my thigh, his eyes lit up when he discovered the stockings and soon his fingers found their way into my knickers. I let out

a gasp of pleasure and my noises got louder when he went down on me. I returned the favour and took his big stiffy between my lips. It didn't take long until he filled my mouth. I left the training room with a smile on my face. A colleague asked how the test had gone and I told her it was a lot easier than I thought. If only she knew how much fun it was!

*Sam, Kent*

### 'He pinned me to the wall'

A really hot guy started working in my office a few weeks ago and we hit it off from day one. We were incessantly flirting and I found the constant attention a real turn-on. It soon got to the point where I couldn't resist him any longer, so one morning, I told him to meet me later in the disabled loo in the basement. He got there before me, and as soon as I walked in, he pinned me against the wall and kissed me. Our hands explored each other's body and we tore each other's clothes off. He whipped out a condom, slid it on and we were soon going for it standing up against the toilet wall. We meet about three times a week now!

*Fiona, Birmingham*

**Win £50!**

Ladies, send your raunchiest confessions to [louise\\_prior@ipcmedia.com](mailto:louise_prior@ipcmedia.com) or to the address on p72. The best one each week\* wins £50! Come on, girls!



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PPA CONSUMER MEDIA BRAND OF THE YEAR 2009

# Nuts

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# BABES OF MYNUTS!

The hottest ladies from our website

**ONLY IN  
Nuts!**



"I wonder if my missing undies are under this quilt!"



"Every girl has a devilish side!"

## THIS WEEK:

**Caitlin**

20, Birmingham

**Your three wishes?** "For chocolate to have all of the flavour but none of the calories, world peace and success!"

**Favourite tippie?** "JD and Coke."

**Favourite music?** "I mostly listen to electro and house."

**Favourite boozie?** "The Lyttleton Arms in Hagley."

**Likes:** "Wotsits, cats, sex, food, drink and make-up!"

**Dislikes:** "Spiders, the dark and chocolate ice cream."

**Superpower you'd like to have?** "To be able to time-travel!"

**What else?** "I love to party, laugh, dance and have fun! I love my little Princess Tinky-Pants (my cat!) and I'm a banterholic! I've worked in bars and pubs, so I'm used to a bit of friendly male banter – and I give as good as I get! You've been warned!"



"Yeeehaaa!"



"Brunette, bikini, beer... 'Nuff said!"



"Can't a girl hose herself down in peace?"



"I'm very proud of my cat impression!"

See more of Caitlin at [nuts.co.uk/mynuts/boxybaby](http://nuts.co.uk/mynuts/boxybaby)



# Nuts FASHION

Splash the cash to keep your moolah safe in style

FASHION: STEVE BUCHAN  
GROOMING: DANIELLE GRAPH

## 10 worthy wallets

**FRED PERRY £70**

This is our favourite and it also comes in red!



**PAUL SMITH £120**

Serious money for a serious wallet.



**DIESEL £45**

Make the bar staff notice you with this bright number.

**BURTON WORN £16**

A stylish cash-holder that doesn't cost the earth.



STOCKIST: BURTON: 0845 121 4514. DIESEL: WWW.ASOS.COM / WWW.HOUSEOFFRASER.CO.UK. FRED PERRY: WWW.ASOS.COM / WWW.HOUSEOFFRASER.CO.UK. LUKE: WWW.LUKE1977.COM. PAUL SMITH: WWW.MY-WARDR





**SKIVE & TOOLE £35**  
Quality leather at a decent price.

**DIESEL £30**  
We're huge fans of Diesel, so we think this cash-holder is ace!

**PETER WERTH £25**  
A nod to mods with a check print.

**TOPMAN £10**  
This nautically themed wallet looks classy and cool!

**LUKE £35**  
Classic style with an interior coin-holding thingy.

**FRED PERRY £30**  
For all you Scots, or those who just like to rock a bit of tartan.

# TOP 5 FASHION FRAGRANCES

**D&G 11 LA FORCE EDT £31**

If you want a sweet scent that stands out from the rest, try this new one.

**Stockist:** amazon.co.uk



**PAUL SMITH MAN 2 EDT £35**

Every man should own a Paul Smith wallet or shirt. Complete your get-up with this smashing new smell.

**Stockist:** boots.co.uk



**HUGO BOSS BOTTLED NIGHT £29**

Everyone loves a bit of Hugo Boss, so try out their latest smelly stuff – it's woody, bold and a winner!

**Stockist:** boots.co.uk



**DIESEL ONLY THE BRAVE EDT £28**

Grab your Diesel jeans and spritz on this woody smell. You're ready to go!

**Stockist:** theperfumeshop.com



**BURBERRY SPORT EDT £33**

Famous for their check prints, now grab a piece of their sport range with this citrusy scent.

**Stockist:** amazon.co.uk





# Nuts REVIEWS

## GAMES!



For the first time ever, players can now play *Fifa* online as goalies!

### FIFA 11 ALL FORMATS



It's back! This year, the frontrunning footy sim has loads of awesome new features, including a revamped – and harder to master –

passing system, something called Personality Plus (basically, your Arshavin types now feel noticeably different from your Emile Heskeys), a more detailed career mode and more bonkers celebrations than you can shake a stick at! ★★★★★



### CIVILIZATION V PC



The daddy of real-time strategy games returns. New are more detailed worlds to conquer and larger-scale combat. ★★★★★

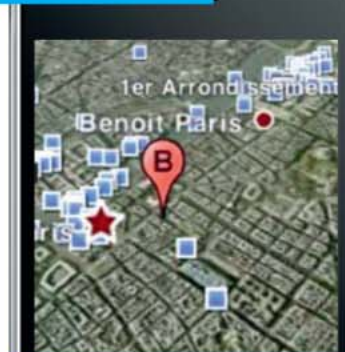


### RED DEAD REDEMPTION: LIARS & CHEATS PS3, XBOX 360



This penultimate download mission pack takes you back to the Wild West for an enhanced experience with 15 new characters, an exploding rifle and, awesomely, multiplayer horse races! ★★★★★

## APPS!



### GOOGLE EARTH IPHONE, ITOUCH, IPAD



Make the most of awesome satellite technology to take a peek at anywhere in the world that interests you – even your own home! ★★★★★

### SKY SPORTS NEWS IPHONE, ITOUCH, IPAD



Keep up to date with the latest sports news, fixtures and results. This even offers access to Sky Sports News Radio, in case you're bored of 5 Live! ★★★★★

## DVDS/BLU-RAY!



Bill Hicks' idols included musician Jimi Hendrix and comic Richard Pryor

### AMERICAN: THE BILL HICKS STORY CERT 15 DVD & BLU-RAY



If you've never heard of Bill Hicks, here's your chance to acquaint yourself with arguably the finest stand-up comedian who ever

lived. Hicks died in 1994 aged just 33, but his stuff is as relevant today as it ever was. Darker than Frankie Boyle, angrier than Jim Jefferies, more outrageous than Russell Brand – and funnier than all of them. A comic genius. ★★★★★

### BAD LIEUTENANT CERT 18 DVD & BLU-RAY



Black comedy that sees Nicolas Cage playing a druggie detective out to solve the murders of immigrants in New Orleans. ★★★★★

### HOUSE: SEASON SIX CERT 15 DVD & BLU-RAY



The sixth series of the world's greatest TV medical drama, featuring the world's grumpiest medic. Roll on series seven! ★★★★★

### THE IT CROWD: COMPLETE SERIES 1-4 BOX SET CERT 15 DVD



Every episode of the surreal, silly and – most importantly – hilarious comedy written by Graham "Father Ted" Linehan. ★★★★★

## MUSIC!



### MARK RONSON RECORD COLLECTION



You know last week we said the Manics album was album of the year? We lied – this probably is. Track after track of classy, hip-hop-flavoured weirdo-pop. ★★★★★

### ICE CUBE I AM THE WEST



Cube takes a break from his film career to release his umpteenth album of laid-back yet swearsy rap, helped out by his West Coast hip-hop chums. ★★★★★



# The latest action-packed releases!

Ratings: ★★★★★ Genius ★★★★★ Very good ★★★ Investigate ★★ Alright ★ Rubbish

## MOVIES!

To shoot the film, Ryan Reynolds had to spend 17 days in a box!

### BURIED CERT 15

Ryan Reynolds plays a truck driver working in Iraq who's kidnapped for ransom then left for dead. Buried alive inside a coffin with just a lighter and a mobile phone, he faces a race against time as

he battles to escape before his oxygen runs out. There are no explosions or theatrics – instead, you get a work of claustrophobic genius that proves less is sometimes more. ★★★★★



### TAKERS CERT 12A

Heat wannabe that sees cop Matt Dillon trying to shop a group of bank raiders, led by *The Wire*'s Idris Elba. Also stars Chris Brown. ★★



### LITTLE BIG SOLDIER CERT 12A

Jackie Chan stars in a fighty road movie about a 17th-century soldier who kidnaps a general to buy his freedom from life as a grunt. ★★

## Nuts PROMOTION

£25,000 worth of prizes to be won!

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# Nuts TV

Seven days of brilliant telly for blokes!



6am

7pm

1am

BBC ONE

**6.00am** Breakfast **9.15** Helicopter Heroes **10.00** Homes Under the Hammer (R) **11.00** Filthy Rotten Scoundrels **11.45** Cash in the Attic (R) **12.15pm** Bargain Hunt **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Diagnosis Murder (R) **3.00** BBC News, Weather, Regional News **3.05** CBBC **4.00** CBBC **5.15** Weakest Link: Quiz (R) **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

**7.00** The One Show

**7.30** Real Rescues  
A lifeboat team makes over 50 approaches to rescue the crew of a listing cargo ship. As the saying goes, "If at first you don't succeed, try, try, try, try, try, try, try, try..." (R)

**8.00** EastEnders

Max pretends to forget Vanessa's birthday. He's really original like that.

**8.30** QI

With four-eyed funnyman Sean Lock.

**9.00** Strictly Come Dancing

**10.00** BBC News, Weather

**10.35** Would I Lie to You?

With pedal-pusher Chris Hoy. (R)

**11.05** The National Lottery Draws

**11.15** Scary Movie 4

**FILM** Horror spoof sequel starring Anna Faris and Regina Hall.

**12.30am** A Date with Darkness

**FILM** Legal drama starring Jason Gedrick and Marla Sokoloff.

**2.00** Sign Zone: Gears and Tears (R) **2.30** Who Do You Think You Are? (R) **3.30** The Private Life of Pigs: *The habits of pigs. Er, smoking?* (R) **4.30-6.00am** BBC News

BBC TWO

**6.00am** CBeebies **7.00** CBBC **8.30** CBeebies **11.30** Car Booty (R) **12.00noon** Daily Politics **12.30pm** GMT with George Alagiah **1.00** Castle in the Country **1.30** Ready Steady Cook (R) **2.00** Animal Park (R) **3.00** Put Your Money Where Your Mouth Is **3.45** Flog It! **4.30** Pointless **5.15** Escape to the Country **6.00** Eggheads **6.30** Priceless Antiques Roadshow (R)

**7.00** Gardeners' World Special  
Joe Swift challenges himself to grow some vegetables. Steady now, Joe.

**8.00** Mastermind

John Humphrys asks questions on loads of dull subjects, but also football!

**8.30** Golf: The Ryder Cup

**SPORT** Day one of the 38th staging of the competition between Europe and the USA, held in Newport. "Woo-hoo! Get in the hole!" etc.

**10.00** The Rob Brydon Show

**MUST-SEE** With Stephen Fry and Daniel Sloss.

**10.30** Newsnight

**11.00** The Review Show  
An interview with some novelists.

**11.50** Later with Jools Holland

With Jamiroquai, KT Tunstall, Everything Everything and Ray Lamontagne.

**12.50-2.35am** The Glass Shield

**FILM** Thriller about the first black recruit to an LA police division.

itv 1

**5.30am** ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News **1.55** Regional News, Weather **2.00** 60 Minute Makeover **3.00** Secret Dealers **4.00** Midsomer Murders (R) **5.00** Alan Titchmarsh Show **6.00** Regional News, Weather **6.30** News

**7.00** Emmerdale

John is devastated. So are we! Have you seen how rubbish ITV1 looks tonight?

**7.30** Coronation Street

More Manc-based misery.

**8.00** Cheetah Kingdom

One-eyed cheetah Cyclops gets the all-clear. He will be relieved.

**8.30** Coronation Street

Watch the Ryder Cup highlights on BBC2!

**9.00** Paul O'Grady Live

With Dannii Minogue and Russell Brand.

**10.00** ITV News, Weather

**10.35** American Pie:

**FILM** The old high-school friends rally round when two of the gang decide to get married.

**12.20am** The Zone

Shopping and interactive gaming.

**2.25** **FILM** Real Women Have Curves: *Family drama starring America Ferrera.* **3.55-5.30am** ITV Nightscreen

REGIONAL VARIATIONS

**BBC1 SCOTLAND: 7.30pm** Bang Goes the Theory **BBC1 NORTHERN IRELAND: 2.00am** Sign Zone: Panorama **BBC1 WALES: 7.30pm** Bang Goes the Theory **BBC2 NORTHERN IRELAND: 7.00pm** **LIVE** Ulster Rugby: *Ulster vs Glasgow Warriors, kick-off 7.05pm.* **9.00** **SPORT** Golf: The Ryder Cup **STV:**

**8.00pm** Postcode Challenge **10.30** **SPORT** STV Sports Centre: Friday Night Football **11.30** STV News, Weather **11.35** Celebrity Juice **12.20am** Brain Box **1.00** Nightwatch with Steve Scott: Mystery **2.00-5.30am** The Nightshift **ULSTER: 10.30pm** UTV Live, Weather **10.40** Swingtown **11.30** Dating

## TODAY'S SPORT

sky SPORTS 1

**6.00am** Good Morning Sports Fans (HD) **7.00** **LIVE** Golf: *The 38th staging of the Ryder Cup begins at the Celtic Manor Resort in Newport. It starts with the with the fourballs matches. Ace!* (HD) **1.00pm** **LIVE** Golf: *More top-quality ball-thwacking with the second part of today's Ryder Cup, featuring the foursomes matches in Newport, South Wales.* (HD) **7.00** Golf (HD) **9.30** Rugby League (HD) **10.00** Take It Like a Fan **10.30** Premier League Preview (HD) **11.00** Football League Weekend (HD) **12.00m't** Golf (HD) **2.30am** Rugby League (HD) **3.00** Football League Weekend (HD) **4.00** Take It Like a Fan **4.30** Rugby League (HD) **5.00-6.00am** Football League Weekend: *Preview of the weekend's games.* (HD)

sky SPORTS 2

**6.00am** Aerobics **6.30** Urban Ride **7.00** Transworld Sport **8.00** The Rugby Club **9.00** Ringside **10.00** Premier League Snooker **3.00pm** Transworld Sport **4.00** Ringside (HD) **5.00** World Sport **5.30** Football League Weekend (HD) **6.30** Premier League Preview (HD) **7.00** Rugby League (HD) **7.30** **LIVE** Football: *The under-16 Victory Shield match between Scotland and Northern Ireland, kick-off 7.35pm.* **9.30** NFL: Britain's Game **11.00** Golfing World **12.00m't** Rugby League (HD) **12.30am** World Sport **1.00** Rugby Union (HD) **2.00** Rugby Union **4.00** Rugby Union (HD) **5.00-6.00am** WWE Special

## ON DIGITAL, SATELITE

**FILM4 (315)**

**6.40pm** The Day After Tomorrow: *Disaster thriller starring Dennis Quaid.* **9.00** Bulletproof Monk: *Martial arts thriller starring Chow Yun-Fat and Seann William Scott.* **11.00** The Omen: *Horror starring Gregory Peck.* **1.10-3.00am** Double Take: *Offbeat documentary.*

**COMEDY CENTRAL (126)**

**7.00pm** The King of Queens: *Carrie and Doug fall out.* **8.00** Scrubs **9.00** South Park **10.00** Lee Evans Live in Scotland **11.30** **MUST-SEE** Comedy Central at the Comedy Store: *Laughs with Kevin Bridges.*

**ESPN** **7.00pm** Goal! **7.30** **LIVE** Football **9.30** Premier League Preview **10.00** Basketball **11.00** Rugby Union **12.45am** Poker **1.45** Football **2.15** MMA **3.00** This Week in Baseball **3.30** 30 for 30 **4.30-5.30am** NHRA Drag Racing

TV PICK OF THE WEEK!

WEDNESDAY!

It's firing time!

The Apprentice, BBC1, 9pm  
Lord Alan Sugar returns with a new series and a new set of hapless berk. Read our interview with Lord Sugar on p20.



1 OCTOBER

FRIDAY

FULL 7  
DAY TV  
GUIDE!

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**6.10am** The Hoobs (R) **7.00** Freshly Squeezed **7.30** Everybody Loves Raymond (R) **8.25** Frasier (R) **8.55** Friends (R) **9.30** Lakes on a Plate (R) **10.00** The Good Wife (R) **11.00** Desperate Housewives (R) **12.00noon** Channel 4 News Summary **12.05pm** River Cottage Bites **12.10** Jamie at Home: Dishes using rhubarb. (R) **12.40** Lakes on a Plate **1.15** **LIVE** Channel 4 Racing: From Newmarket. **3.25** Countdown **4.10** Deal or No Deal **5.00** Come Dine with Me **5.30** Coach Trip **6.00** The Simpsons (R) **6.30** Hollyoaks

**7.00 News**

**7.25 4thought.tv**

**7.30 Unreported World**

**NEW** Oliver Steeds travels to northern Uganda.

**8.00 Come Dine with Me**

**9.00 Embarrassing Bodies: Back to the Clinic**

A former patient who suffered night terrors. Presumably from watching back-to-back shows on ITV1.

**10.00 8 Out of 10 Cats**

Top topical panel show.

**10.50 The Inbetweeners**

Will considers the idea of spending time with a girl he finds boring for the prospect of physical reward. And why not?

**11.25 Lee Evans:**

**Big - Live at the 02**

Jug-eared laughs in London. (R)

**12.30am Music on**

**4: 4Play: Tinie Tempah**

**12.50 The Album Chart**

**Show Introduces: Hurts** (R)

**1.05** Faithless (R) **1.30** On Track (R) **1.45** Hung (R) **2.15** Studio 60 on the Sunset Strip (R) **3.00** Afterworld (R) **3.25** 4Music Top 20 **5.25-6.10am** Countdown (R)

the Enemy **12.00m't** Brain Box **2.45-5.30am** **FILM** Ray: Biopic starring Jamie Foxx as soul music legend Ray Charles.

FIVE

**6.00am** Milkshake! **9.15** The Wright Stuff **10.45** Trisha Goddard (R) **11.45** House (R) **12.40pm** Five News **12.45** Police Interceptors (R) **1.45** Neighbours **2.15** Home and Away **2.50** Meals in Moments **3.00** The Family Recipe (R) **3.05** **FILM** Accidental Friendship: Urban drama starring Chandra Wilson. **5.00** Five News, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

**7.00 Five News at 7**

**7.30 Jaguar Adventure with Nigel Marven**

The naturalist finds some spectacled caiman crocodiles. Run, man - run! (R)

**8.00 Eddie Stobart: Trucks and Trailers**

A driver takes on a delicate load of cream cakes, which she has to deliver intact to one of the company's most important customers. Who's that? Homer Simpson?

**9.00 The Mentalist**

Jane helps an old acquaintance accused of killing her ex-husband. (R)

**10.00 Law & Order: Special Victims Unit**

The detectives struggle to identify the cause of a woman's death, which is a bit poor, seeing as it's their job. (ER)

**11.00 CSI: Miami**

Horatio questions a man's confession. (R)

**11.55 Cops in Crisis**

**12.10am SuperCasino**  
Live interactive gaming.

**4.05** **SPORT** Motorsport Mundial **4.30** How to Take Stunning Pictures **4.55** Animal Rescue Squad **5.10-6.00am** Michaela's Wild Challenge (R)

sky1

**6.00am** Fat Families (R)(HD) **7.00** Brainiac: Science Abuse (R)(HD) **8.00** Oops TV (R) **9.00** Kimberley Walsh: Blue Jean Girl (R)(HD) **10.00** Bones (R) **11.00** Wedding SOS (R)(HD) **11.30** New Parent Nightmares (R)(HD) **12.00noon** Fat Families (R)(HD) **1.00pm** Project Runway (R) **2.00** Bones (R)(HD) **3.00** Stargate SG-1 (R)(HD) **4.00** Stargate SG-1 (R)(HD) **5.00** **SPORT** WWE Superstars **6.00** Oops TV (R) **6.30** The Simpsons (R)

**7.00 The Simpsons**

Lionel Richie guest-stars. (R)

**7.30 The Simpsons**

Homer forgets his anniversary. (R)

**8.00 The Middle**

Axl breaks the front door. (R)(HD)

**8.30 The Middle**

Brick is accidentally hit on the head by a beer bottle. Ouch! (R)(HD)

**9.00 Best Of Must**

**Be the Music**

Highlights of the talent contest. (R)(HD)

**10.00 Westlife Live at the 02**

Aaaargh! (R)(HD)

**12.00m't Football's Greatest**

**SPORT** The career of wonky-toothed Brazil and AC Milan star Ronaldinho. (R)

**12.30am Road Wars**

The Road Crime Unit makes a surprise discovery after pulling over a car. (R)(HD)

**1.25** Night Cops (R)(HD) **2.15** Street Wars (R) **3.05** Oops TV (R)(HD) **3.30** The 4400 (R)(HD) **4.20** Vroom Vroom (R) **5.10-6.00am** Sell Me the Answer (R)(HD)

TODAY'S MUST-SEES



The Blind Date audience prayed she'd plump for number one

## The Rob Brydon Show

BBC2, 10pm

**COMEDY** The Welsh host chats to brainy QI bloke Stephen Fry and introduces laughs from young Scottish comic Daniel Sloss. Seasick Steve provides the tunes. Top TV! ★★★★★



"No, you idiot, I said we need a new axle!"

## Dexter

FX/HD, 10pm

**DRAMA** With Miami Metro investigating a string of murders, Dexter wants to get back to his killing ways with a vengeance. But with Quinn on his case and the Trinity Killer at large, life's tough for the serial killer. Boo! ★★★★★



"Owzatttt!"  
"That's out... and that's a cool £20 for me!"

## Comedy Central At The Comedy Store

Comedy Central, 11.30pm

**COMEDY** Top stand-up laughs from Kevin Bridges and Russell Kane. ★★★★★

## LITE AND CABLE TV TONIGHT

**12.00m't** South Park **1.00am** Michael McIntyre at the Comedy Store **1.30** Stewart Lee 41st Best Stand Up Ever **3.10** Grouchy Young Men **3.40** Two and a Half Men **4.05** Shortcuts Shuffle **4.20** The King of Queens **5.10-6.00am** Frasier

**DISCOVERY (520)**

**6.00pm** Mythbusters **8.00** How Do They Do It? **8.30** How It's Made **9.00** Weird or What?: The possibility of mind control. **10.00** I Shouldn't Be Alive **11.00** Trawler Wars **12.00m't** Bear Grylls: Born Survivor **1.00am** Deadliest Catch **2.00** Rory McGrath's Best of British Engineering **3.00** World War Two in HD Colour **3.50** Raging Planet **4.40** Unsolved History **5.30-6.00am** How Does That Work?

**BBC3 (115)**

**7.00pm** Doctor Who **8.30** Great TV Mistakes **9.05** Little Britain **9.30** The King Is Dead **10.00** EastEnders **10.30**

Don't Tell the Bride **11.30** Family Guy: Double-bill of the best cartoon on telly. **12.20am** Little Britain **12.50** Ideal **1.20** Him and Her **1.50** The King Is Dead **2.20** Are You Fitter Than a Pensioner? **3.20** Don't Tell the Bride **4.20-5.20am** EastEnders: Kat and Alfie's Return

**E4 (136)**

**7.00pm** Hollyoaks **7.30** Friends **9.00** Rude Tube **10.00** Tim Minchin: Live: The comedian presents his touring show. **12.15am** Scrubs **1.10** Rude Tube **2.05** Tim Minchin: Live **4.00** Samantha Who? **4.20** The Hills **4.40-6.00am** Switched

**DAVE (111)**

**6.40pm** Have I Got News for You **7.20** QI **8.00** Top Gear Winter Olympics Special **9.00** QI XL: Back-to-back editions of the comedy quiz show. **1.55am** Louis Theroux's African Hunting Holiday **2.45-3.00am** **SPORT** Radical Highs

**MTV (350)**

**7.00pm** My Life as Liz **8.00** Celebrity Bites **8.30** On Set with Cheryl Cole **9.00** Fist Pumpin' Top 20 with Jersey Shore **10.00** Behind the Music **11.00** World Stage **12.00m't** South Park **2.00am** Jersey Shore **3.00-6.00am** All the Hits

**SYFY (129)**

**7.00pm** A Town Called Eureka **8.00** Warehouse 13 **9.00** **FILM** Derailed: Action adventure with Jean-Claude Van Damme. **10.40** **FILM** Mega Shark vs Giant Octopus: Monster thriller. **12.20am** **FILM** Fire Serpent: Horror starring Nicholas Brendon. **2.00** Mysterious Ways **4.00** Quantum Leap **5.00-6.00am** Smallville

**FX (164)**

**7.00pm** NCIS **10.00** **MUST-SEE** Dexter **11.10** Burn Notice: Ace spy drama. **12.10am** Farscape **1.10** Babylon 5 **2.10** ReGenesis **3.10-4.10am** Water Rats



6am

7pm

1am

BBC ONE

**6.00am** Breakfast **10.00** Saturday Kitchen Live **11.30** Nigella Kitchen (R) **12.00noon** BBC News, Regional News, Weather **12.15pm** **SPORT** Football Focus **1.00** **SPORT** Inside Sport (R) **1.30** **SPORT** Commonwealth Games: A look ahead to the event in India. **2.15** **SPORT** Cycling **4.30** **SPORT** Final Score **5.10** BBC News, Regional News, Weather **5.30** Walk on the Wild Side **6.00** Strictly Come Dancing

## 7.05 Merlin

Arthur and Merlin find themselves outnumbered in a tavern brawl.

## 7.50 The National Lottery: In It to Win It

## 8.40 Casualty

The staff prepare for the cleanliness inspection. Sounds exciting, eh?

## 9.30 Michael McIntyre's Comedy Roadshow

**MUST-SEE** Another load of stand-up chuckles with John Bishop, Justin Moorhouse, Miles Jupp and Terry Alderton. Brilliant stuff!

## 10.15 BBC News, Weather

## 10.30 Match of the Day

**SPORT** Including highlights of Man United's trip to Sunderland and Spurs' clash with Villa.

## 11.50 The Football League Show

**SPORT** All the goals and gaffes from today's fixtures in the Championship and beyond.

**1.15-6.00am** BBC News

BBC TWO

**6.00am** CBeebies **7.00** CBBC **12.00noon** BBC Switch: The Cut **12.25pm** No Hats, No Trainers **12.50** Shelfstackers **1.15** The 5:19 Show **1.35** Single, Together, Whatever (R) **2.05** Revealed **2.25** Put Your Money Where Your Mouth Is (R) **3.10** **FILM** Five Children and It: Fantasy. **4.30** **FILM** Carry On at Your Convenience **6.00** Dad's Army (R) **6.30** The RIBA Stirling Prize 2010 - A Culture Show Special

## 7.30 Blitz: The Bombing of Coventry

The repercussions of the Second World War bombing raid.

## 8.30 Golf: The Ryder Cup

**SPORT** All the day's ball-battering action from the second day's play at the Celtic Manor Resort.

## 10.30 QI XL

With Sean Lock and David Mitchell.

## 11.15 The Rob Brydon Show

The host interviews QI brainbox Stephen Fry, while 19-year-old funnyman Daniel Sloss brings the gags. (R)

## 11.45 Genius with Dave Gorman

Dave Gorman discusses daft inventions from the general public, with top laughter-merchant Russell Howard. And, er, Hazel Irvine. What a double act! (R)

## 12.15am The Station Agent

**FILM** Comedy drama about a reclusive dwarf who moves to a small town. Odd, but quite good.

**1.40-3.25am** **FILM** Wise Blood: Black comedy starring Ned Beatty.

itv 1

**5.30am** ITV News **6.00** CITV **10.00** **FILM** Columbo: A Case of Immunity **11.30** This Morning: Saturday **12.30pm** News, Weather **12.39** London Weather **12.40** The X Factor (R) **1.55** **FILM** Never Say Never Again: James Bond adventure starring Sean Connery and Kim Basinger. **4.20** The Unforgettable Mollie Sugden (R) **4.50** Regional News, Weather **5.05** ITV News **5.20** New Britain Does the Funniest Things **6.20** All Star Family Fortunes

## 7.05 The X Factor

The judges invite the remaining 32 acts to their homes. Pity the luckless souls who end up at mad old Louis Walsh's gaff.

## 9.00 When Piers Met Lord Sugar

**MUST-SEE** The bearded moneyman opens up his massive waterside Florida mansion to Piers Morgan for a bit of a chinwag.

## 10.15 Hot Fuzz

**MUST-SEE** Ace copper comedy starring Simon Pegg and Nick Frost as a pair of bobbies faced by a string of bizarre murders.

## 11.15 ITV News, Weather

## 11.30 Hot Fuzz

**MUST-SEE** That's the pesky news break out of the way. Sit back and enjoy the rest of the film!

## 12.45am The Zone

Shopping and interactive gaming.

**2.45** Raines: Sarah's husband is found dead. (R) **3.35-5.30am** ITV Nightscreen

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**6.10am** Planet Cook (R) **6.35** Yo Gabba Gabba (R) **7.00** **SPORT** World Sport **7.25** **SPORT** Superbike World Championship **2010 (R)** **7.55** **SPORT** The Morning Line **8.55** T4: One Tree Hill (R) **9.50** Ugly Betty (R) **10.50** The Hollyoaks Music Show Playlist **11.20** Album Chart Show Special: Mark Ronson **11.50** Friends (R) **12.50pm** Scrubs (R) **1.20** **SPORT** That Paralympic Show **1.50** **LIVE** Channel 4 Racing: From Newmarket and Redcar. **3.55** Come Dine with Me (R) **6.30** News **6.55** 4thought.tv

## 7.00 Stephen Hawking's Universe

The renowned physicist sets out the entire history of the universe. Make sure you've been to the loo first.

## 9.00 Die Hard 2

**FILM** Action-packed sequel as Bruce Willis heads to Washington airport to take on some more Euro-baddies! Not as good as the original, but still top explodey fun. Yippee ki-yay!

## 11.15 Phone Booth

**FILM** Mega-tense thriller starring Colin Farrell as a New York playboy trapped inside a phone booth by a sniper at the other end of the line.

## 12.45am Oye Lucky! Lucky Oye!

**FILM** Indian crime film following a young hustler whp becomes Delhi's most notorious thief and con-man.

**3.00** Studio 60 on the Sunset Strip (R) **3.50** **FILM** The Eve of St Mark: War drama starring William Eythe and Anne Baxter. **5.25-6.10am** Countdown (R)

FIVE

**6.00am** Milkshake! **10.00** **SPORT** UEFA Europa League Highlights **11.05** How Do They Do It? (R) **11.35** The Gadget Show (R) **12.35pm** Rory and Paddy's Even Greater British Adventure (R) **1.35** **FILM** The Sea Wolves: World adventure with Gregory Peck. **3.55** **FILM** Operation Pacific: War drama starring John Wayne and Patricia Neal. **6.00** **FILM** Jackie Chan's First Strike: Action thriller starring Jackie Chan.

## 7.35 Five News

## 7.40 NCIS

DiNozzo goes undercover to help a military prisoner escape. (R)

## 8.35 NCIS

The team bring a private investigator on board. Losing their touch, eh? (R)

## 9.30 CSI: Crime Scene Investigation

A speeding rubbish truck leads the team to two bodies. (R)

## 10.30 CSI: Crime Scene Investigation

A former pro golfer is found dead. (R)

## 11.30 CSI: Miami

The team investigate the case of a film star who died after a spell in rehab. (R)

## 12.30am SuperCasino

Interactive gambling gubbins.

**4.05** Police Interceptors **4.55** The Family Recipe **5.05** Hana's Helpline **5.15** The Milkshake! Show **5.35** Thomas & Friends **5.50-6.00am** Roary the Racing Car

REGIONAL VARIATIONS

**BBC1 NORTHERN IRELAND:** **1.15am** Sign Zone: Gears and Tears **1.45-6.00am** BBC News **BBC2 NORTHERN IRELAND:** **7.30-8.30pm** Michael Wood's Story of England **10.30** The Rob Brydon Show **11.00** Genius with Dave Gorman **11.30-**

**12.15am** QI XL **BBC2 WALES:** **7.30-8.30pm** Spitfire Women **10.30** Michael Wood's Story of England **11.30** The Rob Brydon Show **12.00m't-12.15am** When Wales Shook the World **STV:** **10.15-11.15pm** **FILM** American Pie: Bawdy sex comedy starring Jason

Biggs, Chris Klein and Natasha Lyonne. **11.30** **FILM** American Pie: Continued. **12.15am** Brain Box **1.00** **FILM** Alien Siege: Sci-fi thriller starring Brad Johnson. **2.45-5.30am** The Nightshift **ULSTER:** **12.45am** Brain Box **2.30-2.45am** UTV Rewind

## TODAY'S SPORT

sky SPORTS 1

**6.00am** Aerobics **6.30** Rugby League (HD) **7.00** **LIVE** Golf: More inter-continental club-swinging with coverage of the second round of Ryder Cup fourballs. (HD) **1.00pm** **LIVE** Golf: The second day's Ryder Cup pitching and putting draws to a close at Celtic Manor Resort in Newport, South Wales. Get in the hole! (HD) **7.00** Golf: Highlights of the second day of the Ryder Cup in South Wales. (HD) **9.30** **LIVE** Boxing: Face-mangling galore as Leva Kirakosyan takes on Stephen Foster Jr for the European super featherweight title in Bolton. (HD) **11.30** Rugby League (HD) **12.30am** Golf (HD) **3.00** Boxing: Another chance to catch tonight's scrap in Bolton. (HD) **5.00** Take It Like a Fan **5.30-6.00am** Football (HD)

sky SPORTS 2

**6.00am** Rugby Union (HD) **7.00** Take It Like a Fan **7.30** Football League Weekend (HD) **8.30** Champions League Weekly (HD) **9.00** Premier League Preview (HD) **9.30** Take It Like a Fan **10.00** Soccer AM **12.00noon** Take It Like a Fan **12.30pm** **MUST-SEE** Football: Wigan vs Wolves, kick-off 12.45pm. (HD) **3.15** Champions League Weekly (HD) **3.45** World Sport **4.15** Sky Sports Classics: Highlights of the Champions League group game between Liverpool and Olympiakos in 2004. **4.30** Time of Our Lives **5.30** **LIVE** Rugby League: The showpiece match, kick-off 6pm. (HD) **8.25** Football: Delayed coverage of today's Premier League games. (HD) **5.45-6.00am** Sky Sports Classics

## ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

### FILM4 (315)

**6.55pm** Behind Enemy Lines: Bosnian War drama starring Gene Hackman. **9.00** Eragon: Adventure. **11.00** Damien - Omen II: Horror sequel. **1.05-3.05am** Ashes of Time Redux: Drama.

### COMEDY CENTRAL (126)

**5.25pm** **FILM** The Mask of Zorro: Swashbuckling adventure starring Antonio Banderas. **8.00** Two and a Half Men **9.00** Dara O Briain Talks Funny: Live in London **10.20** Peter Kay at the Comedy Store **10.50** Lee Evans: A Different Planet **12.20am** Dara O Briain

ESPN

**7.00pm** ESPN Kicks Extra **7.15** This Week in Baseball **7.45** **LIVE** Serie A: Parma vs AC Milan, kick-off 7.45pm. **9.45** Bundesliga **11.30** NBA Basketball **12.30am** **LIVE** Major League Soccer **2.30-5.30am** College Football

Talks Funny: Live in London **1.40** Comedy Central at the Comedy Store **2.10** South Park **3.10** Two and a Half Men **4.05** Shortcuts Shuffle **4.20** Everybody Loves Raymond **5.10-6.00am** Frasier

### DISCOVERY (520)

**7.00pm** Bear Grylls: Born Survivor **8.00** How It's Made **9.00** Greatest Tank Battles **10.00** River Monsters **11.00** How the Universe Works **12.00m't** I Shouldn't Be Alive **1.00am** Bear Grylls: Born Survivor **5.30-6.00am** How Does That Work?

### BBC3 (115)

**7.00pm** The Real Hustle: Celebrity Scammers **8.00** Top Gear **9.00** **FILM** The Guardian: Drama starring Kevin Costner and Ashton Kutcher. **11.15** Live at the Apollo **12.00m't** Family Guy **12.45am** Young, Dumb and Living Off Mum **3.45** Live at the Apollo **4.30-5.30am** The Real Hustle: Celebrity Scammers

### E4 (136)

**7.00pm** The Big Bang Theory **8.00** How I Met Your Mother **8.30** Friends **10.00** The 100 Greatest Stand Ups 2010 **12.05am** Friends **12.35** Wife Swap USA **1.30** How to Look Good Naked **2.25** Jo Frost: Extreme Parental Guidance **3.20-6.00am** Hollyoaks

### DAVE (111)

**7.00pm** The Gadget Show **8.00** James May: My Sisters' Top Toys **9.00** Billy Connolly's World Tour of Scotland **1.00am** Never Mind the Buzzcocks **2.10** And Then You Die **2.35-3.00am** Whose Line Is It Anyway?

### MTV (350)

**7.00pm** Celebrity Bites **7.30** Diddy Crashes Glasgow **8.00** 40 Most Shocking Celebrity Divorces **10.00** Randy Jackson's America's Best Dance Crew **11.00** Celebrity Bites **11.30** Making the Video **12.00m't**



**6.00am** Brainiac: Science Abuse (R)(HD)  
**7.00** Crash Test Dummies (R)(HD) **8.00**  
 Oops TV (R)(HD) **9.00** **SPORT** Football's  
 Next Star (R)(HD) **10.00** **SPORT** Soccer  
 AM **12.00noon** Oops TV (R) **1.00pm**  
 Malcolm in the Middle (R)(HD) **2.00** Bill  
 Bailey's Birdwatching Bonanza (R)(HD)  
**3.00** Liza and Huey's Pet Nation (R)(HD)  
**4.00** My Pet Shame (R)(HD) **5.00** Fat  
 Families: Second Helpings (R)(HD)  
**6.00** Futurama: Top cartoon. (R) **6.30**  
 Simpsons - Mischief & Mayhem (R)(HD)

### 7.00 The Simpsons

Homer enlists Professor Frink's help in recovering his memory. (R)(HD)

### 7.30 The Simpsons

Bart and Lisa help some extraterrestrials phone home. As you do. (R)(HD)

### 8.00 My Son, Drugs and Me

Docu about drug addiction. Grim. (R)

### 9.00 Madonna: Sticky and Sweet - Live from Buenos Aires

The wrinkly pop star performs live in the Argentine capital. Let's hope they don't cry for her. She hates that. (R)(HD)

### 11.30 The Ryder Cup Concert

Highlights of the event at the Millennium Stadium celebrating the start of the Ryder Cup, featuring warbling from Shirley Bassey and Katherine Jenkins. (R)(HD)

### 12.30am Classic Albums

Documentary charting the making of Metallica's 1991 self-titled record, often known as the *Black Album*. (R)

**1.35** Football Behind Bars (R)(HD) **2.35**  
 Road Wars (R) **3.30** Ross Kemp on Gangs  
 (R)(HD) **4.20** Don't Forget the Lyrics (R)(HD)  
**5.10-6.00am** Sell Me the Answer (R)(HD)

Diddy Crashes Glasgow **12.30am** MTV  
 Presents Mark Ronson and The Business  
 International **1.30** Making the Video  
**2.00** Randy Jackson's America's Best  
 Dance Crew **3.00-6.00am** All the Hits

### SYFY (129)

**6.30pm** **FILM** Mega Shark vs. Giant  
 Octopus **8.10** **FILM** 30,000 Leagues  
 Under the Sea: Underwater thriller.  
**10.00** **FILM** Triangle: Horror. **12.00m't**  
**FILM** Derailed: Action. **1.40am** **FILM**  
 Thirst: Drama. **3.20** 3rd Rock from the  
 Sun **3.50-6.00am** Thunderbirds

### FX (164)

**6.00pm** The Listener **8.00** American  
 Dad! **9.00** Better Off Ted **10.00** Robot  
 Chicken **10.15** Family Guy: Chris runs  
 away. **11.15** Metalocalypse **11.30**  
 Family Guy **12.30am** The Venture  
 Brothers **1.00** American Dad! **2.00**  
 Family Guy **3.00-4.00am** Better Off Ted

## TODAY'S MUST-SEES



## BRIT COMEDY!

The 100m starters  
weren't taking  
any chances

## Hot Fuzz

ITV1, 10.15pm

### FILM

A brilliantly British take on the classic cop "buddy movie" that's hilarious and a little bit spooky. Simon Pegg is the London police officer who gets transferred to a sleepy rural town in the West Country, where he's partnered with dopey Nick Frost and tasked with investigating a string of bizarre murders. It's even funnier and more quote-filled than 2005's *Shaun Of The Dead*, so if you haven't seen it, plonk yourself on the sofa and prepare for a treat! ★★★★★



"You better  
not be stealth-  
bumming me!"

## Wigan vs Wolves

Sky Sports 2/HD, 12.30pm

### SPORT

The mighty Wolves head to the DW Stadium to dole out a thrashing to the hapless headless chickens of Wigan. And yes, this preview was written by a Wolves fan. ★★★★★



"We're identical  
quintuplets!  
Can't you tell?"

## Michael McIntyre's Comedy Roadshow

BBC1, 9.30pm

### COMEDY

John Bishop headlines as the stand-up tour arrives in Blackpool. ★★★★★



"All we need's a train  
and we've got a remake  
on our hands!"

## When Piers Met Lord Sugar

### DOCU

ITV1, 9pm

Piers meets the tycoon in Florida before they visit the London estate where Sugar grew up. Back to Earth with a bump, eh? ★★★★★

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**BBC ONE**

**6.00am** Breakfast **7.40** **SPORT** Match of the Day (R) **9.00** The Andrew Marr Show **10.00** Sunday Morning Live **11.00** Country Tracks **12.00noon** Regional Programme **1.00pm** EastEnders **2.00** **LIVE** Commonwealth Games Opening Ceremony: Coverage from Delhi, India. **5.30** Songs of Praise **6.05** BBC News, Regional News, Weather **6.30** Countryfile

**BBC TWO**

**6.00am** CBeebies **6.25** **SPORT** CBBC **6.40** **LIVE** MotoGP: The Japanese Grand Prix. **8.00** CBBC **10.00** Something for the Weekend **11.30** Animal Park (R) **12.00noon** EastEnders **1.00pm** **SPORT** Cycling **2.00** **LIVE** Racing: Including the Prix de l'Arc de Triomphe. **3.25** **FILM** Alvarez Kelly: Western starring William Holden. **5.15** **SPORT** Rugby League **6.00** The Coral Gardener (R) **6.10** **FILM** Gun Fury: Western starring Rock Hudson.

**itv 1**

**5.30am** ITV News **6.00** CITV **9.25** Coronation Street **11.45** This Morning: Sunday **12.40pm** Dinner Date (R) **1.40** News, Weather **1.55** The X Factor: The remaining 32 acts compete for a place in the live studio rounds. (R) **3.50** Torvill and Dean's Dancing on Ice Tour 2010 **4.50** Downton Abbey (R) **6.20** Regional News, Weather **6.30** ITV News **6.45** The Cube

**4**

**6.10am** Planet Cook (R) **6.35** Yo Gabba Gabba (R) **7.00** **SPORT** British Formula 3 International Series **7.30** **SPORT** Triathlon **8.00** GT Academy **8.25** T4: Friends (R) **9.20** Hollyoaks **11.55** Nadine Coyle: Video Exclusive **12.05pm** Ugly Betty **1.05** The Simpsons (R) **2.05** Friends (R) **2.35** **FILM** The Wedding Planner: Romantic comedy. **4.35** Deal or No Deal **5.25** **NEW** Time Team **6.30** News **6.55** 4thought.tv

**FIVE**

**6.00am** Milkshake! **10.00** Shake! **11.10** How to Take Stunning Pictures (R) **11.40** Eddie Stobart: Trucks and Trailers (R) **12.40pm** Cowboy Builders (R) **1.45** **FILM** I Dream of Murder: Suspense thriller. **3.20** **FILM** Calamity Jane: Musical Western starring Doris Day and Howard Keel. **5.20** **FILM** The Emperor's New Groove: Animated musical comedy. **6.50** Five News **6.55** **FILM** Charlie's Angels: Full Throttle: Action adventure sequel starring Drew Barrymore and Cameron Diaz.

## 7.30 Antiques Roadshow

Dusty old bric-a-brac. No thanks.

**8.30 Inspector George Gently**  
Gently and Bacchus head for a university campus. The dirty old beggars...

**10.00 BBC News, Weather**

**10.25 Who Do You Think You Are?**

Ferris Bueller himself, Matthew Broderick, traces his paternal roots.

**11.10 Spooks**

More spy-based sneaking. (R)

**12.10am The Sky at Night**

Patrick Moore casts his eye over the stars for the umpteenth time.

**12.35 Sign Zone: The Secrets of Scientology**

Docu exploring the crackpot cult, sorry religion, of Scientology. (R)

## 7.30 Golf: The Ryder Cup

**SPORT** Highlights of today's best action, as the Euro-Yank face-off drew to a conclusion.

**9.30 Can England Win the Next World Cup?**

**MUST-SEE** Do you really want us to answer that? Gary Lineker tries to stay positive with this look at the state of English football, with input from some of the game's top gaffers.

## 10.10 Match of the Day 2

**SPORT** Highlights of today's Premier League action, including Man City vs Newcastle and the big one between Chelsea vs Arsenal.

## 11.20 Mock the Week

Jack Whitehall and Chris Addison join the regulars for more topical laughs. (R)

## 11.50 MotoGP

**SPORT** Highlights of the Japanese Grand Prix from Motegi.

## 7.45 The X Factor

The judges whittle down the contenders from the also-rans as the line-up for the final 12 is completed.

## 9.00 Downton Abbey

Period costume drama. Avoid.

## 10.05 ITV News, Weather

**10.15 DCI Banks: Aftermath**  
Gritty police drama with Stephen Tompkinson investigating the case of five missing girls. (R)

## 11.15 Drama Trails

James Nesbitt sifts through some ropery ITV dramas, and tries to link them all together. As pointless as it sounds.

## 12.10am Premiership Rugby Union

**SPORT** All the latest egg-chasing, including Bath vs Gloucester and Sale vs Wasps

## 12.55 The Zone

Shopping and interactive gaming.

## 7.00 The Genius of British Art

**NEW** The role art has played in British history.

## 8.00 27 Dresses

**FILM** God-awful romcom starring Katherine Heigl as a serial bridesmaid who finally finds someone to marry her. Terrible. Watch Sky Sports 2!

## 10.05 My Big Fat Gypsy Wedding

Docu exposing gypsy and traveller weddings, where ancient traditions meet modern fashions. Very weird. (R)

## 11.10 The Accused

**FILM** Oscar-winning drama starring Jodie Foster as a woman fighting for justice after being raped.

## 9.00 Ghost Rider

**FILM** Iffy comic book adventure starring Nicolas Cage as a motorcycle stuntman who becomes a vigilante after selling his soul to the Devil. Not Cage's finest hour, to be honest.

## 11.10 Poltergeist II: The Other Side

**FILM** Horror fantasy sequel in which the hapless family from the first film have all their furniture chucked around again. JoBeth Williams stars.

## 12.55am SuperCasino

Interactive wallet-emptying service.

**1.35** Holby City: Medical nonsense. (R) **2.35** Victorian Pharmacy (R) **3.35** Domesday (R) **4.35-6.00am** BBC News

**1.10am** **FILM** Searchers 2.0: Road movie comedy starring Del Zamora, Ed Pansullo and Jaclyn Jonet. **2.50-4.35** BBC News

**2.30** **SPORT** British Superbike Championship Highlights: Action from Silverstone. **3.25** **SPORT** Motorsport UK **4.10-5.30am** ITV Nightscreen

**1.15am** **LIVE** American Football: New York Giants vs Chicago Bears, kick-off 1.20am. **4.45** **SPORT** Boardmasters (R) **5.10-5.55am** Countdown (R)

**4.05** Police Interceptors **4.55** The Family Recipe **5.00** Hana's Helpline **5.15** The Milkshake! Show **5.35** Thomas & Friends **5.50-6.00am** Roary the Racing Car

## REGIONAL VARIATIONS

**BBC1 NORTHERN IRELAND:** **10.25pm** The Politics Show **10.45** Who Do You Think You Are? **11.30** Spooks **12.30am** The Sky at Night **12.50** Off the Beaten Track **1.05-1.35am** Sign Zone: Bang Goes the Theory **BBC1 WALES:** **10.30pm** Who Do You

Think You Are? **11.15** Spooks **12.15-12.35am** The Sky at Night **BBC2 SCOTLAND:** **10.00pm** **SPORT** SportsScene **10.45** **SPORT** Match of the Day 2 **11.45** Mock the Week **12.15am** **SPORT** MotoGP **BBC2 WALES:** **6.50pm** Dad's Army **7.20-7.30** The Coral

Gardener **11.20** **SPORT** Scrum V **12.10am** **SPORT** MotoGP **1.30** Mock the Week **2.00-4.35am** BBC News **STV:** **9.00-10.05pm** Taggart **10.15** **SPORT** STV Sports Centre: Rugby **11.00** Total Emergency **12.00m't** Brain Box **1.00am** Raines **2.00-5.30am**

The Nightshift **ULSTER:** **6.45-7.45pm** Lesser Spotted Ulster **10.15** Bouquet of Barbed Wire **11.15** All Star Family Fortunes: With Colin Jackson. **12.00m't** Brain Box **2.30am** UTV Rewind **2.35-3.25am** **SPORT** Premiership Rugby Union

## TODAY'S SPORT

**sky SPORTS 1**

**6.00am** Aerobics **6.30** Football First (HD) **9.30** Champions League Weekly: Action from Chelsea vs Marseille. (HD) **10.00** **MUST-SEE** Golf: It's the final day's play in the Ryder Cup at the Celtic Manor Resort. Will the trophy be winging its way Stateside? Let's hope not... (HD) **7.00pm** Golf: Highlights from the final day's play. Just in case you missed it earlier. Or indeed if you fancy a bit of a gloat over our Trans-Atlantic chums! Provided they've lost... (HD) **9.30** Champions League Weekly (HD) **10.00** Football: Extended highlights from today's Premier League tussle between Chelsea and Arsenal at Stamford Bridge. **11.30** Golf (HD) **2.00am** Football **3.30** Super Sunday: The Last Word (HD) **4.00-6.00am** Spanish Football (HD)

**sky SPORTS 2**

**6.00am** Rugby League (HD) **7.00** Golf (HD) **9.30** The Sunday Supplement **11.00** Goals on Sunday (HD) **1.00pm** Champions League Weekly (HD) **1.30** Boxing (HD) **3.30** **MUST-SEE** Football: It's a top-of-the-table clash at Stamford Bridge, as Chelsea take on Arsenal. After getting spanked home and away last time round, Arsene Wenger's men will be looking for payback today. Kick-off 4pm. (HD) **6.30** Super Sunday: The Last Word (HD) **7.00** **LIVE** Spanish Football: Coverage of the second-half of a La Liga match. (HD) **8.00** **LIVE** Spanish Football: Another helping of footy. Ace! (HD) **10.00** Rugby League **11.00** IAAF Athletix Weekly **11.30** Super Sunday: The Last Word (HD) **12.00m't-2.00am** Spanish Football (HD)

## ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

### FILM4 (315)

**6.50pm** Night at the Museum: Fantasy comedy starring Ben Stiller. **9.00** Keeping Mum: British comedy starring Rowan Atkinson. **11.00** Omen III - The Final Conflict: Supernatural horror starring Sam Neill. **1.10-3.45am** C.R.A.Z.Y.: Comedy drama starring Marc-Andre Grondin.

### COMEDY CENTRAL (126)

**5.35pm** Two and a Half Men **9.00** Peter Kay at the Comedy Store **9.30** **FILM** Scary Movie 2: Spoof horror sequel starring Anna Faris. **11.05** Sean Lock: Live at Hammersmith Apollo **12.15am** Grouchy

**ESPN**

**6.45pm** Serie A **7.45** **LIVE** Serie A **9.45** Bundesliga: German action. **10.30** NHRA Drag Racing **12.30am** Press Pass 2010 **1.00** **LIVE** Major League Soccer **3.00** Superleague Formula **4.45-5.45am** NHRA Drag Racing

Young Men **12.45** Comedy Central at the Comedy Store **1.15** Two and a Half Men **2.15** South Park **3.15** Scrubs **4.10** Shortcuts Shuffle **4.20** Everybody Loves Raymond **5.10-6.00am** Frasier

### DISCOVERY (520)

**7.00pm** How Do They Do It? **8.00** How the Universe Works **9.00** Trawler Wars **10.00** Bear Grylls: Born Survivor **11.00** The 9/11 Faker **12.00m't** Greatest Tank Battles **1.00am** Mythbusters **5.30-6.00am** How Does That Work?

### BBC3 (115)

**7.00pm** Doctor Who **7.50** Doctor Who Confidential **8.00** Are You Fitter Than a Pensioner? **9.00** Gavin & Stacey **9.30** Him and Her **10.00** American Dad! **10.45** Family Guy **11.30** Gavin & Stacey **12.00m't** Ideal **12.30am** Him and Her **1.00** The King Is Dead: With George Lamb **1.30** Five Really Disgusting Foods

**2.30** Greatest TV Mistakes **3.00** Ideal **3.30** The King Is Dead **4.00-5.00am** Are You Fitter Than a Pensioner?

### E4 (136)

**7.00pm** Life Unexpected **8.00** Friends **9.00** **FILM** Snakes on a Plane: Thriller starring Samuel L. Jackson and Julianna Margulies. **11.05** Skins **1.10am** Wife Swap USA **2.10** Supernanny USA **2.55** Scrubs **3.20-6.00am** Hollyoaks

### DAVE (111)

**7.00pm** Trawlermen: A maiden voyage runs into trouble. **7.40** Have I Got News for You **8.20** I'm Alan Partridge **9.00** Red Dwarf **1.35am** Never Mind the Buzzcocks **2.35-3.00am** Whose Line Is It Anyway?

### MTV (350)

**7.00pm** Randy Jackson's America's Best Dance Crew **8.00** 16 and Pregnant **9.00** Jersey Shore **10.00** The Hard Times of RJ



3 OCTOBER

SUNDAY

FULL 7  
DAY TV  
GUIDE!

sky1

6.00am Hour of Power (HD) 7.00 Crash Test Dummies (R)(HD) 8.00 Malcolm in the Middle (R)(HD) 9.00 Road Wars (R) 10.00 **SPORT** WWE Superstars (R) 11.00 **SPORT** WWE: Experience (R) 12.00noon Best Of Must Be the Music (R)(HD) 1.00pm Pineapple Dance Studios: Best Of - Volume One (R)(HD) 2.00 Pineapple Dance Studios: Best Of - Volume Two (R) (HD) 3.00 Emergency Animal Rescue (R) (HD) 4.00 Futurama (R)(HD) 6.00 The Simpsons (R)(HD) 6.30 The Middle (HD)

#### 7.00 The Middle

Frankie discovers the perfect pair of children. Sounds a bit odd. (HD)

#### 7.30 The Simpsons

Mayor Quimby is forced to shut the Springfield borders. (R)(HD)

#### 8.00 The Simpsons

Homer is jealous when an old classmate is inducted into the Walk of Fame. (R)(HD)

#### 8.30 Modern Family

Claire's plans for a family portrait do not go smoothly. (R)(HD)

#### 9.00 An Idiot Abroad

Karl Pilkington arrives in India. Naturally, it confuses him! Brilliant, as ever. (R)(HD)

#### 10.00 House

**MUST-SEE** Cuddy and House take a sick day to work on their relationship. Nice!

#### 11.00 George Michael

Live in London

Crooning at Earl's Court. (R)

#### 12.00m't Inside:

Gangs Behind Bars

Keep hold of that soap... (R)

1.00am Law & Order 1.50 Ross Kemp on Gangs 2.40 Road Wars 3.30 Family Court: Judge Penny 4.20 Don't Forget the Lyrics 5.10-6.00am Sell Me the Answer

Berger 10.30 Valemont 11.00 The Dudesons in America: Stunts and pranks by four childhood friends from Finland. 11.30 South Park: Chef returns. 1.00am Jersey Shore 2.00 The Hard Times of RJ Berger 3.00-6.00am All the Hits

#### SYFY (129)

7.00pm Warehouse 13 8.10 **FILM** Out for a Kill: Action adventure starring Steven Seagal. 9.45 **PREMIERE** Open Graves: Horror. 11.25 **FILM** Airline Disaster: Thriller starring Lindsey McKeon. 1.15am Thunderbirds 2.20 3rd Rock from the Sun 3.00 Painkiller Jane 4.00-6.00am Thunderbirds

#### FX (164)

6.00pm Burn Notice 8.00 NCIS 10.00 Dexter 11.10 Life 12.10am Burn Notice 1.10 To Catch a Predator 2.10 Cops 3.10 Robot Chicken 3.25 Metalocalypse 3.40-4.10am The Venture Brothers

## TODAY'S MUST-SEES



## DERBY DRAMA!

## Chelsea vs Arsenal

Sky Sports 2/HD, 3.30pm

**SPORT** This game should give us an idea as to whether this season's title race will be an interesting, several-horse-race affair, or whether we can pack up now and give the trophy to Chelsea. Last season, the Blues stuck five past the Gunners over two easy Premier League victories. Arsene's boys are playing beautiful football this term but the question remains, can they turn it into wins against the big boys? Kick-off 4pm. ★★★★★



## Ryder Cup Golf

Sky Sports 1, 10am

**SPORT** The final day of Europe vs USA ball-pinging in Wales gets under way with the singles matches that'll decide the destination of the trophy. In 2008, the Americans wrapped up an easy victory at this stage. Time for revenge! ★★★★★



## Can England Win The Next World Cup?

BBC2, 9.30pm

**DOCU** Gary Lineker sifts through the wreckage of England's World Cup, and asks what must change if they're ever to win it again. ★★★★★



## House

Sky1/HD, 10pm

**DRAMA** Dr House doesn't do sentimental but as the new series kicks off tonight (woo-hoo!), we see a whole new side to the angry medic as he and his boss, Cuddy, finally get it on. But what effect does it have on the hospital? ★★★★★

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PREVIEWS: DANIELLE GRAPHI, PETE CASHMORE, MIKE HALL PHOTOS: GETTY, BACKPAGE IMAGES



6am

7pm

1am

BBC ONE

**6.00am** Breakfast **9.15** Heir Hunters (R)  
**10.00** Homes Under the Hammer (R)  
**11.00** **LIVE** Commonwealth Games: The finals of five swimming disciplines.  
**1.00pm** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors  
**2.15** **LIVE** Commonwealth Games: Women's hockey, netball and men's artistic gymnastics. **5.00** **LIVE** Commonwealth Games: The final events on day one in Delhi. **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

**7.00** The One Show

**7.30** Saints and Scroungers  
Dominic Littlewood exposes some dodgy boxing promoters. (R)

**8.00** EastEnders  
More Cockney squawking.

**8.30** Panorama

**9.00** Spooks  
The team have to get their spy on when London comes under threat from a massive biological weapon.

**10.00** BBC News, Weather

**10.35** Ask Rhod Gilbert  
**MUST-SEE** The Welsh gag man answers questions from the general public. Funny stuff.

**11.15** Damages  
Patty receives a bomb threat that threatens her case. Yikes! (R)

**12.00m't** Damages  
Katie prepares for her deposition. (R)

**12.50am** Sign Zone: My Story  
Feelgood yarns from people who've triumphed over adversity. (R)

**1.20** The Great British Bake Off (R) **2.20** Out of the Frying Pan (R) **3.20** Penguin Island **3.50** Gears and Tears **4.20** Britain's Empty Homes **4.50-6.00am** BBC News

BBC TWO

**6.00am** CBeebies **7.00** CBBC **9.00** **LIVE** Commonwealth Games: The opening swimming heats at the Dr SP Mukherjee Swimming Stadium. **11.00** Daily Politics Conference Special **1.00pm** **SPORT** Equestrian: The World Equestrian Games at the Kentucky Horse Park. **2.15** Flog It! (R) **3.00** CBBC **5.15** Escape to the Country (R) **6.00** Eggheads **6.30** **NEW** Strictly Come Dancing - It Takes Two

**7.00** Games Today

**SPORT** A round-up of action from the opening day of the Commonwealth Games in Delhi, India.

**8.00** University Challenge  
More brainy head-scratching.

**8.30** MasterChef: The Professionals  
Competitive pan-wielding.

**9.00** Horizon: The Death of the Oceans?  
David Attenborough wags his finger at how the human race are destroying marine life. Sorry, Dave.

**10.00** Genius with Dave Gorman  
The Hairy Bikers help to judge some more rubbish inventions.

**10.30** Newsnight

**11.20** Today at Conference  
Political claptrap. Zzzzzzzzzzzzz.

**11.50** Gareth Malone's Extraordinary School for Boys  
**12.50am** BBC News

**4.00-6.00am** BBC Learning Zone

itv 1

**5.30am** ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show  
**10.30** This Morning **12.30pm** Loose Women **1.30** ITV News **1.55** Regional News **2.00** 60 Minute Makeover **3.00** Secret Dealers **4.00** Midsomer Murders (R) **5.00** The Alan Titchmarsh Show **6.00** Regional News, Weather **6.30** ITV News

**7.00** Emmerdale

The TV equivalent of stepping in a cowpat.

**7.30** Coronation Street

**8.00** Countrywise  
Wellie-based boredom. (R)

**8.30** Coronation Street  
Carla tries to hide her drink problem.

**9.00** DCI Banks: Aftermath  
Payne's wife is taken in for questioning.

**10.00** ITV News

**10.35** Real Crime with Mark Austin: Britain's Biggest Heist  
The story behind the Securitas depot robbery in February 2006. It was a bit of a palaver, apparently.

**11.35** Stephen Tompkinson's Australian Balloon Adventure  
The actor mucks about in a balloon for a bit before collecting his pay cheque. (R)

**12.30am** The Zone  
Shopping and interactive gaming.

**2.30** **SPORT** UEFA Champions League Weekly **3.00** The Jeremy Kyle Show (R) **3.50-5.30am** ITV Nightscreen

4

**5.55am** Sali Mali (R) **6.00** The Treacle People (R) **6.15** Planet Cook (R) **6.35** Yo Gabba Gabba (R) **7.00** Freshly Squeezed **7.30** Everybody Loves Raymond (R) **8.25** Frasier (R) **9.30** Lakes on a Plate (R) **10.00** The Good Wife (R) **11.00** Desperate Housewives (R) **12.00noon** News **12.05pm** River Cottage Bites **12.15** **FILM** Meet Me in St Louis **2.20** Lakes on a Plate **2.55** Wogan's Perfect Recall **3.25** Countdown **4.10** Deal or No Deal **5.00** Come Dine with Me **5.30** Coach Trip **6.00** The Simpsons (R) **6.30** Hollyoaks

**7.00** News

**7.55** 4thought.tv

**8.00** Dispatches  
Profile of the advisors to the coalition Government. A fun bunch, naturally.

**9.00** Titanic: The Mission  
A look at the coal industry that built and powered the Titanic.

**10.00** Jamie's American Food Revolution  
The chef tries to convince some tubby Americans to ditch the pizza and chips. Good luck with that one, mate.

**11.00** 3 Minute Wonder: New Sensations 2010  
**NEW** Profiling the shortlisted artists for this year's filmmaking prize.

**11.05** This Is England '86  
Woody and Lol get back together. (R)

**12.10am** Music on 4: 360 Sessions: Linkin Park

**12.45** Premier League Poker  
**SPORT** Highlights of the opening heat in the tournament.

**1.40** **FILM** Bobby: Subtitled Indian drama. **4.35-6.10am** **FILM** The Private Life of Henry VIII: Classic biopic starring Charles Laughton and Elsa Lanchester.

FIVE

**6.00am** Milkshake! **9.15** The Wright Stuff  
**10.45** Trisha Goddard (R) **11.40** House (R)  
**12.35pm** Five News **12.40** Meals in Moments (R) **12.50** Police Interceptors (R)  
**1.45** Neighbours **2.15** Home and Away  
**2.45** Meals in Moments **2.55** The Family Recipe (R) **3.00** **FILM** Snowman's Pass: Mountaineering thriller starring Nicole Eggert and Marc Singer. **5.00** Five News, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

**7.00** Five News at 7

**7.30** How Do They Do It?  
Robert Llewellyn explores the science behind the sat-nav.

**8.00** The Gadget Show  
Jon Bentley debates the pros and cons of 3D TVs. Gimmick, or the future?

**9.00** Rory and Paddy's Even Greater British Adventure  
The comedians take part in a spot of chainsaw sculpting. As you do.

**10.00** Assassins  
**FILM** Crash-bang-wallopp action thriller starring Sly Stallone as a world-weary hitman who finds himself up against Antonio Banderas' young pretender to his crown.

**12.40am** Cops in Crisis  
Documentary following hairy situations through the eyes of the police officers who survived them. Phew!

**1.00** SuperCasino: Gambling gubbins. **4.05** Police Interceptors (R) **4.55** Animal Rescue Squad (R) **5.10-6.00am** Michaela's Wild Challenge (R)

REGIONAL VARIATIONS

**BBC1 SCOTLAND:** **7.30-8.00pm** Scotland's First Minister **11.15** **SPORT** SportsScene **BBC1 NORTHERN IRELAND:** **7.30-8.00pm** **NEW** In Your Corner **10.35** Special Deliveries **11.05** Ask Rhod Gilbert **11.45-1.20am** Damages **BBC1 WALES:**

**7.30-8.00pm** X-Ray **BBC2 SCOTLAND:** **11.00-11.20pm** Newsnight Scotland, Weather **BBC2 NORTHERN IRELAND:** **10.00pm** Seacht **10.25-10.30** Seinn Lìom **11.20** Stormont Today **11.50** Today at Conference **12.20am** Genius with Dave

Gorman **12.50** Gareth Malone's Extraordinary School for Boys **1.50-4.00am** BBC News **STV:** **10.40pm** Vet School Bites **11.00** Oran na Mna **11.35** Coicrean **12.10am** Brain Box **1.00** The Jeremy Kyle Show **2.00-2.30am** The Nightshift

**ULSTER:** **11.00** Ladette to Lady **12.00m't-2.30am** Brain Box **ITV1 WALES:** **8.00-8.30pm** The Ferret

## TODAY'S SPORT

sky SPORTS 1

**6.00am** Good Morning Sports Fans (HD)  
**9.00** Football  
**10.30** Golf (HD)  
**1.00pm** Football  
**2.30** Spanish Football (HD)  
**4.30** Super Sunday: The Last Word: Andy Gray looks at the weekend's games. (HD)  
**5.00** Soccer AM: The Best Bits: A look back at the highlights of Saturday's show.  
**6.00** **MUST-SEE** Darts: Arrow-chucking action from the opening day of the World Grand Prix where Phil "The Power" Taylor defends the title he won last year. (HD)  
**12.00m't** How The 2010 Ryder Cup Was Won: Action from Wales. (HD)  
**2.00am** FIFA Futbol Mundial  
**2.30** Sports Unlimited  
**3.30** Watersports World: Round-up of Aquatic activities from across the globe.  
**4.30** Max Power  
**5.30-6.00am** FIFA Futbol Mundial

sky SPORTS 2

**6.00am** Aerobics  
**6.30** Ryder Cup Golf (HD)  
**9.00** Australian Rugby League  
**10.00** Rugby League (HD)  
**11.00** Spanish Football (HD)  
**1.00pm** Boxing (HD)  
**3.00** Rugby Union (HD)  
**4.00** Rugby League (HD)  
**5.00** Wild Spirits  
**5.30** Angling  
**6.00** Motorsport (HD)  
**7.00** Netbusters  
**7.30** **LIVE** Speedway (HD)  
**10.00** Netbusters  
**10.30** SPL Round-Up (HD)  
**11.00** Premier League Review (HD)  
**12.00m't** Soccer AM: The Best Bits  
**1.00am** 15 Years of the European Cup  
**2.00** Golfing World  
**3.00-5.00am** How the 2010 Ryder Cup Was Won: Highlights package. (HD)

## ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)

**6.40pm** Ever After: A Cinderella Story: Romantic drama. **9.00** Mean Machine: Prison comedy drama starring Vinnie Jones. **10.55** Peggy Sue Got Married: Comedy. **1.00-3.30am** Lantana: Thriller.

COMEDY CENTRAL (126)

**6.00pm** Two and a Half Men **9.30** **MUST-SEE** Mike and Molly: Sitcom following a pair of fatties! **10.00** Sex and the City **11.10** Peter Kay: The Early Days **12.10am** Two and a Half Men **1.10** South Park: The boys go to a county fair. **2.10** Grouchy Young Men **2.40** Scrubs **3.10** Two and a

**ESPN** **6.30pm** Talk of the Terrace **7.45** **LIVE** NBA **10.45** Between The Lines **11.15** ESPN Kicks **11.30** ESPN Game of the Week **12.00m't** NFL **1.30am** **LIVE** NFL: Monday Night Football **4.30-5.00am** Press Pass 2010

Half Men **4.05** Shortcuts Shuffle **4.20** The King of Queens **5.10-6.00am** Frasier

DISCOVERY (520)

**6.00pm** Mythbusters **8.00** How Do They Do It? **8.30** How It's Made **9.00** Mythbusters: Adam and Jamie build a bridge. **10.00** Is It Possible? **11.00** How the Universe Works **12.00m't** Bear Grylls: Born Survivor **1.00am** Deadliest Catch **2.00** Rory McGrath's Best of British Engineering **3.00** Weaponology **3.50** Raging Planet **4.40** Unsolved History **5.30-6.00am** How Does That Work?

BBC3 (115)

**7.00pm** Merlin **7.45** Doctor Who **8.30** E20 **9.00** Cherry Goes Drinking: Documentary. **10.00** EastEnders **10.30** Him and Her **11.00** Family Guy: Brian becomes a sniffer dog. **11.45** Cherry Goes Drinking **12.45am** Him and Her **1.15** E20 **1.45** My School Prom **2.45**

Cherry Gets Married **3.40** Snog Marry Avoid? **4.10-5.10am** My School Prom

E4 (136)

**7.00pm** Hollyoaks **7.30** Friends **9.00** One Tree Hill **10.00** **MUST-SEE** The Inbetweeners: The gang visits a university, where Will makes an idiot of himself. Just for a change. **10.35** School of Comedy **11.05** Shameless **12.20am** A Shot at Love with Tila Tequila **1.15** Scrubs **2.05** Shameless **3.05** A Shot at Love with Tila Tequila **3.50** Samantha Who? **4.10** The Hills **4.35-6.00am** Switched

DAVE (111)

**7.00pm** **SPORT** World Rally **8.00** Top Gear **9.00** Would I Lie to You? **9.40** QI **10.20** Argumental **11.00** Mock the Week **11.40** QI **12.20am** Argumental **1.00** Never Mind the Buzzcocks **1.40** Lead Balloon **2.10** And Then You Die **2.35-3.00am** Whose Line Is It Anyway?



4 OCTOBER

MONDAY

FULL 7  
DAY TV  
GUIDE!

sky1

**6.00am** Fat Families (R)(HD) **7.00** Brainiac: Science Abuse (R)(HD) **8.00** Oops TV (R) **9.00** Lion Man (R) **10.00** Bones (R)(HD) **11.00** Wedding SOS (R) (HD) **11.30** The Secret Guide to Women's Health (R) **12.00noon** The Biggest Loser US (R) **1.00pm** Project Runway (R) **2.00** Bones (R)(HD) **3.00** Stargate SG-1 (R)(HD) **5.00** Malcolm in the Middle (R)(HD) **5.30** Futurama (R) **6.00** Oops TV: Home videos. (R) **6.30** The Simpsons (R)

**7.00 The Simpsons**  
Marge is stalked by an escaped crook. (R)

**7.30 The Simpsons**  
Homer becomes a tow-truck driver. (R)

**8.00 Best of Oops TV**  
People falling over. Wooo!

**9.00 NCIS: Los Angeles**  
**NEW** A special agent disappears during an undercover assignment. Uh-oh. (HD)

**10.00 NCIS: Los Angeles**  
The officers face a race against time to track down a dangerous and highly specialised hit squad. (HD)

**11.00 Alex Zane's Guest List**  
An interview with rapper, actor and consonant fan LL Cool J. (R)

**11.30 Law & Order**  
Bernard and Lupu investigate a suspected hit-and-run. (HD)

**12.30am Road Wars**  
Tarmac-based tear-ups. (R)(HD)

**1.30 Road Wars (R)(HD)** **2.25 Street Wars (R)** **3.20 The 4400 (R)(HD)** **4.15** Vroom Vroom (R) **5.10-6.00am** Sell Me the Answer (R)(HD)

**MTV (350)**  
**7.00pm** 16 and Pregnant **8.00** Celebrity Bites **8.30** The Hills **9.00** The Hard Times of RJ Berger **10.00** Jersey Shore **11.00** The Dudesons in America **12.00m't** South Park **1.00am** Dirty Sanchez **2.00** The Dudesons in America: Mad stunts. **3.00-6.00am** All the Hits

**SYFY (129)**  
**7.00pm** Buffy the Vampire Slayer **8.05** **FILM** Titanic 2: Disaster movie. **10.00** Medium **11.00** Warehouse 13 **12.00m't** **FILM** Out for a Kill **1.40am** Medium **2.50** Fact Checkers Unit **3.00** Mysterious Ways **4.00** Quantum Leap **5.00-6.00am** Smallville

**FX (164)**  
**7.00pm** NCIS **9.00** Family Guy **10.00** To Catch a Predator **11.00** Dexter **12.00m't** Farscape **1.00am** Babylon 5 **2.00** ReGenesis **3.00-4.00am** Water Rats

## TODAY'S MUST-SEES

"For God's sake, Phil, just sign your name already!"



TOP ARROWS!

## Live Darts

Sky Sports 1/HD, 6pm

**SPORT** Yay, darts! We welcome pretty much any darts tournament with a whoop of glee and the opening of several cans of beer, and this time we're off to Dublin for the World Grand Prix, where – surprise, surprise! – Phil Taylor's defending the title. It's a title he's won nine times in his career, with last year's victory achieved with the loss of just five sets. For the past two years – surprise, surprise again! – Raymond van Barneveld was the runner-up. We expect the same! ★★★★★

"I brought a starter for us to share!"



## Mike & Molly

Comedy Central, 9.30pm

**COMEDY** From the writers of *The Big Bang Theory*, this decent new US sitcom follows fat cop Mike as he goes to OA (Overeaters Anonymous) and ends up meeting Molly, a fellow salad-dodger. Expect lardy jokes galore. ★★★



The "Going Down?" lift gag got him every time

## The Inbetweeners

E4, 10pm

**COMEDY** Simon and his new girlfriend Tara (beep be-deep beep beep!) visit her sister at Uni. Obviously, the other lads invite themselves along in search of one thing – clunge by the bucketload. Expect them to fail. Badly! ★★★★★



## Ask Rhod Gilbert

BBC1, 10.35pm

**COMEDY** This new "comedian on TV" show is good because it gives us, the public, the chance to get questions answered via live link-up! Also, one of the panellists is Rhod's flatmate Lloyd, who's almost as funny as Gilbert himself! ★★★★★

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PREVIEWS: PETE CASHMORE, RICH JENKINS, DANIELLE GRAPH



6am

7pm

1am

BBC ONE

**6.00am** Breakfast **9.15** Heir Hunters (R)  
**10.00** Homes Under the Hammer (R)  
**11.00** **LIVE** Commonwealth Games: Five finals on the second day of swimming in Delhi. **1.00pm** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** **LIVE** Commonwealth Games: The women's artistic gymnastics team final. **5.00** **LIVE** Commonwealth Games: The remaining events on day two in Delhi. **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

**7.00** The One Show

**7.30** EastEnders

Feeling a bit too cheery? Watch this.

**8.00** Holby City

More hospital-based moping.

**9.00** Kids in Care

Behind the scenes at social services.

**10.00** BBC News, Weather

**10.35** My Story

Amazing survival stories, including the memories of a Congolese former child-soldier. Stirring stuff.

**11.05** House of Sand and Fog

**FILM** Melodrama about a recovering alcoholic and an Iranian immigrant who get involved in a squabble over ownership of a bungalow in northern California. Better than it sounds.

**1.10am** Sign Zone: See Hear (R) **1.40** Digging for Britain: History show. (R) **2.40** Natural World (R) **3.40** Britain's Empty Homes (R) **4.10-6.00am** BBC News

BBC TWO

**6.00am** CBeebies **7.00** CBBC **8.00** **LIVE** Commonwealth Games: The first three cycling finals. **11.00** To Buy or Not to Buy (R) **11.30** Daily Politics Conference Special **1.00pm** **LIVE** Commonwealth Games: Even more from day two in Delhi. **2.15** Flog It! (R) **3.00** CBBC **5.15** Escape to the Country (R) **6.00** Eggheads **6.30** Strictly Come Dancing - It Takes Two

**7.00** Games Today

**SPORT** All the running, throwing and grappling from day two of the Commonwealth games.

**8.00** MasterChef: The Professionals

High-stakes egg-boiling.

**9.00** Whites

A celebrity chef visits the hotel.

**9.30** Harry & Paul

**MUST-SEE** More sketch-based buffoonery with Harry Enfield and Paul Whitehouse.

**10.00** Later Live - with Jools Holland

**MUST-SEE** The pocket-sized presenter hosts guests including the Steve Miller Band, Janelle Monae and Cee-Lo Green.

**10.30** Newsnight

**11.20** Today at Conference

Political waffle.

**11.50** Gareth Malone's

Extraordinary School for Boys

**12.50am** BBC News

**4.00-6.00am** BBC Learning Zone

itv 1

**5.30am** ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News **1.55** Regional News **2.00** 60 Minute Makeover **3.00** Secret Dealers **4.00** Midsomer Murders (R) **5.00** The Alan Titchmarsh Show **6.00** Regional News, Weather **6.30** ITV News

**7.00** Emmerdale

Holly breaks down and admits she's an addict. No more sheep dip for her.

**7.30** Grimefighters

Cleaning. On telly. Great! (R)

**8.00** New Who Wants to Be a Millionaire?

Chris Tarrant chuckles his way through more big-money questions.

**9.00** 71 Degrees North

The remaining six celebrities try to fend off hypothermia for another week.

**10.00** ITV News

**10.35** Swingtown

Susan attends a fundraising event at the Deckers' home.

**11.30** Ladette to Lady

The girls are down to the final three. A return to vomiting blue WKD all over themselves is tantalisingly close. (R)

**12.25am** The Zone

Shopping and interactive gaming.

**2.25** The Rockford Files (R) **3.20** Jeremy Kyle Show (R) **4.15-5.30am** Nightscreen

4

**6.10am** Planet Cook (R) **6.35** Yo Gabba Gabba (R) **7.00** Freshly Squeezed **7.30** Everybody Loves Raymond (R) **8.25** Frasier (R) **8.55** Friends (R) **9.30** Lakes on a Plate (R) **10.00** The Good Wife (R) **11.00** Desperate Housewives (R) **12.00noon** Channel 4 News Summary **12.05pm** **FILM** The Quiet Man: Drama. **2.25** Lakes on a Plate **2.55** Wogan's Perfect Recall **3.25** Countdown **4.10** Deal or No Deal **5.00** Come Dine with Me **5.30** Coach Trip **6.00** The Simpsons (R) **6.30** Hollyoaks

**7.00** News

**7.55** 4thought.tv

**8.00** Wedding House

**NEW** Bride-based flapping as some wedding experts set about showing off with OTT ceremonies.

**9.00** Ramsay's Best Restaurant

Old Man Shouty stomps around another kitchen offering "constructive" abuse and generally making a nuisance of himself.

**10.00** Rude Tube

**NEW** Alex Zane presents some more daft clips from the web.

**11.05** 3 Minute Wonder:

New Sensations 2010

The shortlisted artists for this year's award.

**11.10** Seven Days

Reality show from London's trendy Notting Hill. (R)

**12.10am** Late Night Poker

**SPORT** Another round of big-money bluffing.

**1.10** Volleyball **2.05** Boxing **2.30** Superbike **2.55** Formula 3 **3.25** World Sport **3.50** GT Academy **4.20** Triathlon (R) **4.50-6.10am** Hercules (R)

FIVE

**6.00am** Milkshake! **9.15** The Wright Stuff **10.45** Trisha Goddard (R) **11.40** House (R) **12.35pm** Five News **12.40** Meals in Moments (R) **12.50** Police Interceptors (R) **1.45** Neighbours **2.15** Home and Away **2.45** Meals in Moments **2.55** The Family Recipe (R) **3.05** **FILM** Living Proof: Fact-based drama. **5.00** Five News, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

**7.00** Five News at 7

**7.30** How to Take

Stunning Pictures

A masterclass in sports photography.

**8.00** There's a

Hippo in My House

The bond between a couple and the hippo they raised from infancy. Yes, really.

**9.00** CSI: Miami

The body of a high-school teacher is found sliced in half by a samurai sword.

**10.00** CSI: NY

A female football player is found murdered. (R)

**11.00** CSI: Crime Scene

Investigation (R) Grissom becomes obsessed with finding a nurse's killer. It is his job, to be fair. (R)

**12.00m't** NCIS

Gibbs and the team set up a stakeout to catch a thief suspected of selling hi-tech Navy equipment on the black market. (R)

**12.55am** SuperCasino

**4.05** Police Interceptors (R) **4.55** Animal Rescue Squad: Highlights of the series. (R) **5.10** Michaela's Wild Challenge (R) **5.35-6.00am** Michaela's Wild Challenge (R)

REGIONAL VARIATIONS

**BBC1 SCOTLAND: 8.00-9.00pm** River City **BBC1 NORTHERN IRELAND: 10.35pm** In Cold Blood **11.05** My Story **11.35-1.10am** **FILM** The Breakfast Club: Comedy drama starring Emilio Estevez, Molly Ringwald and Ally Sheedy. **BBC1 WALES: 10.35pm**

New Hotel Stephanie **11.05** My Story **11.35-1.40am** **FILM** House of Sand and Fog: Melodrama starring Jennifer Connolly and Ben Kingsley. **BBC2 SCOTLAND: 11.00pm** Newsnight Scotland **11.20** Talking Music **11.50** Today at Conference **12.20am**

Gareth Malone's Extraordinary School for Boys **1.20-4.00am** BBC News **BBC2 NORTHERN IRELAND: 11.20pm** Stormont Today **11.50** Today at Conference **12.20am** Gareth Malone's Extraordinary School for Boys **1.20-4.00am** BBC

News **STV: 7.30pm** Being Victor **8.00-9.00** New Who Wants to Be a Millionaire? **10.40** Ladette to Lady **11.40** Made in Scotland **12.00m't** Brain Box **1.00am** The Jeremy Kyle Show **2.00-5.30am** The Nightshift **ULSTER: 10.30pm** UTV Live Tonight

## TODAY'S SPORT

sky SPORTS 1

**6.00am** Good Morning Sports Fans (HD)  
**9.00** Darts (HD)  
**3.00pm** Netbusters  
**3.30** SPL Round-Up (HD)  
**4.00** Soccer AM: The Best Bits: A look back at highlights of Saturday's show.  
**5.00** Premier League Review: Recent action from the top flight. Huzzah! (HD)  
**6.00** **LIVE** Darts: The second day of the World Grand Prix in Dublin. (HD)  
**12.00m't** Football: Highlights of the big one - yep, it's the Johnstone's Paint Trophy, featuring MK Dons vs Charlton.  
**1.30am** 15 Years of the European Cup: Action from the top rugby union competitions between 2001 and 2005.  
**2.30** Spanish Football: Highlights of the latest La Liga matches.  
**3.30** 15 Years of the European Cup  
**4.30** A-League  
**5.00-6.00am** Spanish Football

sky SPORTS 2

**6.00am** Aerobics  
**6.30** Urban Ride  
**7.00** WWE: Afterburn (HD)  
**8.00** Premier League Review (HD)  
**9.00** How the Ryder Cup Was Won (HD)  
**11.00** Wonderful World of Golf  
**1.00pm** How the 2010 Ryder Cup Was Won: A review of the event. (HD)  
**3.00** Golf  
**3.30** Speedway: The second leg of the Elite League Grand Final. (HD)  
**6.00** Spanish Football  
**7.00** **LIVE** Football: The Johnstone's Paint Trophy match between MK Dons and Charlton, kick-off 7.15pm.  
**9.30** Spanish Football  
**10.30** Poker Million: The third heat of the Poker Million in London. (HD)  
**12.30am** Golfing World  
**1.30** Golf  
**2.30-3.30am** Sports Unlimited

## ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

**FILM4 (315)**

**6.45pm** Cocoon: Sci-fi comedy fantasy.  
**9.00** The Client: Thriller starring Susan Sarandon. **11.20** Natural Born Killers: Crime thriller with Woody Harrelson.  
**1.40-3.55am** Damien - Omen II

**COMEDY CENTRAL (126)**

**7.00pm** The King of Queens **8.00** Scrubs **9.00** Two and a Half Men **10.00** Peter Kay at the Comedy Store **10.30** Mike and Molly **11.00** Grouchy Young Men **11.30** Sex and the City **12.40am** Two and a Half Men **1.40** Samantha Who? **2.40** South Park **3.40** Two and a Half

**ESPN** **7.45** Rugby Union **9.15** ESPN Kicks **10.00** Pardon the Interruption **10.30** Premier League **11.30** Eredivisie **12.30am** Press Pass **1.00** RPL **1.30** Rugby **3.00** Eredivisie **4.00-5.15am** Bundesliga Review Show

Men **4.05** Shortcuts Shuffle **4.20** The King of Queens **5.10-6.00am** Frasier

**DISCOVERY (520)**

**6.00pm** Mythbusters **8.00** How Do They Do It? **8.30** How It's Made **9.00** Trawler Wars **10.00** Deadliest Catch **11.00** Building the Future **12.00m't** Bear Grylls: Born Survivor **1.00am** Deadliest Catch **2.00** Rory McGrath's Best of British Engineering **3.00** Weaponology **3.50** Raging Planet **4.40** Unsolved History **5.30-6.00am** How Does That Work?

**BBC3 (115)**

**7.00pm** Total Wipeout **8.00** The Real Hustle: Celebrity Scammers **9.00** Don't Tell the Bride **10.00** EastEnders **10.30** Ideal **11.00** Ideal Outtakes: With Johnny Vegas. **11.30** Family Guy **12.15am** Don't Tell the Bride **1.20** Bizarre ER **2.20** Ideal **2.50** Ideal Outtakes **3.20** Total Wipeout **4.20-5.20am** Cherry Goes Drinking

**E4 (136)**

**7.00pm** Hollyoaks **7.30** Friends **9.00** Smallville **10.00** The Cleveland Show: Cleveland and Donna are mugged. **11.00** The Ricky Gervais Show **11.35** King of the Hill **12.00m't** Scrubs **1.00am** The Cleveland Show **1.50** The Ricky Gervais Show **2.20** King of the Hill **2.40** What About Brian **3.20** Samantha Who? **4.05** The Hills **4.25-6.00am** Switched

**DAVE (111)**

**7.00pm** Ray Mears' Extreme Survival **8.00** Top Gear **9.00** QI **10.00** Argumental **10.40** Mock the Week **11.20** Have I Got News for You **12.00m't** QI **1.00am** Argumental **1.40** Mock the Week **2.10-3.00am** Never Mind the Buzzcocks

**MTV (350)**

**7.00pm** 16 and Pregnant **8.00** Randy Jackson's America's Best Dance Crew **9.00** Jersey Shore **10.00** The Hard Times



NEW  
ISSUE  
ON SALE  
TODAY!

5 OCTOBER

TUESDAY

FULL 7  
DAY TV  
GUIDE!

sky1

**6.00am** The Biggest Loser US (R) **7.00** Brainiac: Science Abuse (R)(HD) **8.00** Oops TV (R) **9.00** Lion Man (R) **9.30** Lion Man (R) **10.00** Bones (R) **11.00** Wedding SOS (R)(HD) **11.30** The Real A&E (R)(HD) **12.00noon** The Biggest Loser US **1.00pm** Project Runway (R) **2.00** Bones (R) **3.00** Stargate SG-1 (R)(HD) **4.00** Stargate SG-1 (R)(HD) **5.00** Malcolm in the Middle (R)(HD) **5.30** Futurama (R) **6.00** Oops TV (R) **6.30** The Simpsons (R)

#### 7.00 The Simpsons

Bart trades lives with a lookalike. (R)

#### 7.30 The Simpsons

Homer and Marge get married for a second time. Aaaaaah! (R)

#### 8.00 The Little Couple

Following a pair of 4ft newlyweds. (R)

#### 8.30 Super Nurses

Behind the scenes on the wards. (HD)

#### 9.00 Stargate Universe

**NEW** Sci-fi antics as the crew of the Destiny find themselves lacking both supplies and knowledge of their final destination. Uh-oh! (HD)

#### 10.00 Fringe

**MUST-SEE** Olivia fights to return home. (HD)

#### 11.00 Bitten

**FILM** Roopy vampire comedy starring Jason Mewes as a paramedic who begins a relationship with a new girl, only to realise she's a vampire. Nightmare, mate.

#### 12.45am Road Wars

Motor-based mayhem. (R)

**1.45** Road Wars (R) **2.40** Lost (R)(HD) **3.30** Street Wars (R) **4.20** Vroom Vroom (R) **5.10-6.00am** Sell Me the Answer (HD)

**11.00** The Cube **12.00m't** Brain Box **2.35am** The Rockford Files **3.30** Jeremy Kyle Show **4.25-5.30am** ITV Nightscreen

of RJ Berger **11.00** The Dudesons in America **12.00m't** South Park **1.00am** Dirty Sanchez: Behind the Seven Sins **2.00** The Dudesons in America **3.00-6.00am** All the Hits

#### SYFY (129)

**7.00pm** Buffy the Vampire Slayer **8.00** A Town Called Eureka **9.00** **FILM** Waterworld: Action adventure starring Kevin Costner. **11.30** **FILM** 30,000 Leagues Under the Sea: Sci-fi adventure, starring Sean Lawlor. **1.10am** **FILM** Mega Shark vs. Giant Octopus: Monster movie starring Deborah Gibson and Lorenzo Lamas. **3.00** Mysterious Ways **4.00** Quantum Leap **5.00-6.00am** Smallville

#### FX (164)

**7.00pm** NCIS **9.00** Better Off Ted **10.00** Family Guy **11.00** Life **12.00m't** Farscape **1.00am** Babylon 5 **2.00** ReGenesis **3.00-4.00am** Water Rats

## TODAY'S MUST-SEES



"Tribute? No, it was our idea"

### Harry & Paul

BBC2, 9.30pm

**COMEDY**

Is there no limit to the imagination of comic writers Harry Enfield and Paul Whitehouse? Not on the evidence of the third series of their top sketch show, which showcases loads of characters along the way including a South London dysfunctional family, a '40s drunk and a corrupt Italian politician. In this second episode, Parking Patawayo issues a mind-boggling number of tickets, and the Silver-Haired Beatles perform a single for the charity Prost Aid among many, many other brilliant sketches! Top stuff! ★★★★★



She took a zero-tolerance approach to mice

### Fringe

**DRAMA**

Sky1/HD, 10pm

The new series of the weirdy drama kicks off where the last one ended – Olivia's doppelganger had escaped the parallel world and was living in the real world, unknown to Peter and Walter. Will they figure out it's not their girl? ★★★



### Community

**COMEDY**

Viva, 10pm

A US import, Community is a comedy about a group of misfits who all attend the same rubbish college. Oddly, Chevy Chase stars in it. Brilliantly, so does Mad Men hottie Alison Brie! Definitely worth a look. ★★★



"Who said this gel would hold?"

### Later Live - with Jools Holland

**MUSIC**

BBC2, 10pm

Joining Jools tonight are the Steve Miller Band, R&B singer Janelle Monae and Cee-lo Green out of Gnarls Barkley. ★★★★★



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facebook.com/nuts.magazine



6am

7pm

1am

BBC ONE

**6.00am** Breakfast **9.15** Heir Hunters (R)  
**10.00** Homes Under the Hammer (R)  
**11.00** **LIVE** Commonwealth Games: More splashing around in the swimming events.  
**1.00pm** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors  
**2.15** **LIVE** Commonwealth Games: The opening day of athletics in Delhi. **5.00** **LIVE** Commonwealth Games: Day three in Delhi concludes. **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather **6.55** Party Political Broadcast (R)

## 7.00 The One Show

Topical stories.

## 7.30 Bang Goes the Theory

Liz Bonnin visits that pesky Icelandic volcano that caused much fist-shaking among air travellers earlier on in the year.

## 8.00 Waterloo Road

Ruth becomes a celebrity... in the school. Blimey, talk about Z-list.

## 9.00 The Apprentice

**MUST-SEE** The bearded bloke's back to shout at a new batch of deluded wannabe billionaires!

## 10.00 BBC News, Weather

## 10.35 The National

## Lottery Draws

Jodie Prenger presents.

## 10.45 Reggie Perrin

Reggie's crisis reaches a head. (R)

## 11.15 Hope Springs

**FILM** Romantic comedy with Colin Firth and Heather Graham.

## 12.45am Sign Zone:

## Dragons' Den

Loons try to bag a load of cash. (R)

**1.45** Country Tracks (R) **2.40** Bang Goes the Theory: Mad experiments. (R) **3.10** Watchdog (R) **4.10** Britain's Empty Homes (R) **4.40-6.00am** BBC News

BBC TWO

**6.00am** CBeebies **7.00** CBBC **8.00** **LIVE** Commonwealth Games: Four cycling finals from Delhi. **11.00** To Buy or Not to Buy (R) **11.30** See Hear **12.00noon** Daily Politics Conference Special **1.00pm** **LIVE** Commonwealth Games: Swimming and athletics coverage from India. **2.00** Daily Politics Conference Special **4.00** CBBC **5.10** Escape to the Country (R) **5.55** Party Political Broadcast **6.00** Eggheads **6.30** Strictly Come Dancing - It Takes Two

## 7.00 Games Today

**SPORT** Running, jumping and chucking fun in the third day of the Commonwealth Games.

## 8.00 MasterChef: The Professionals

More pro pan-clutching.

## 9.00 Secret Iraq

**MUST-SEE** The final part of the ace docu, and how the insurgents turned against al-Qaeda.

## 10.00 The Apprentice: You're Fired!

**NEW** Dara O'Briain steps into Adrian Chiles' shoes to catch up with the loser who's just been fired.

## 10.30 Newsnight

## 11.20 Today at Conference

Political plop.

## 11.50 Wonders of the Solar System

Stars and things. (R)

## 12.50am BBC News

**4.00-6.00am** BBC Learning Zone

itv 1

**5.30am** ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News **1.55** Regional News, Weather **2.00** 60 Minute Makeover **3.00** Secret Dealers **4.00** Midsomer Murders (R) **5.00** The Alan Titchmarsh Show **6.00** Regional News, Weather **6.30** ITV News **6.55** Party Political Broadcast

## 7.00 Emmerdale

Hour-long episode. Groan.

## 8.00 Midsomer Murders

More from the village that's about as safe to live in as Skid Row in LA. A music prodigy witnesses a woman drowning.

## 10.00 ITV News, Weather

## 10.35 The Bodyguard

**FILM** Romantic thriller starring Kevin Costner and a warbling Whitney Houston. A professional bodyguard falls in love with the superstar singer he has been assigned to protect.

## 12.55am The Zone

Shopping and interactive gaming.

**2.55** **FILM** In the Name of the Father: Fact-based drama starring Daniel Day-Lewis. **5.10-5.30am** ITV Nightscreen

4

**6.10am** Planet Cook (R) **6.35** Yo Gabba Gabba (R) **7.00** Freshly Squeezed **7.30** Everybody Loves Raymond (R) **8.25** Frasier (R) **8.55** Friends (R) **9.30** Lakes on a Plate (R) **10.00** The Good Wife (R) **11.00** Desperate Housewives (R) **12.00noon** Channel 4 News Summary **12.05pm** **FILM** K-19: The Widowmaker: Cold War thriller starring Harrison Ford. **2.25** Lakes on a Plate **2.55** Wogan's Perfect Recall **3.25** Countdown **4.10** Deal or No Deal **5.00** Come Dine with Me **5.30** Coach Trip **6.00** The Simpsons (R) **6.30** Hollyoaks

## 7.00 News

## 7.55 4thought.tv

## 8.00 Food: What Goes in Your Basket?

The team indulge in some food-prodding, including bananas and beef.

## 9.00 Grand Designs

Restoring two barns in Suffolk.

## 10.00 Seven Days

Documentary following people living or working in posh Notting Hill.

## 11.05 3 Minute Wonder:

## New Sensations 2010

The shortlisted artists for this year's award.

## 11.10 Ramsay's Best

## Restaurant

The wrinkly-faced chef checks out some top restaurants in Kent and Sheffield. (R)

## 12.15am Music on 4: On Track

With Bombay Bicycle Club.

## 12.30 The Album Chart

## Show Spotlight

## 12.45 4Play: Badly Drawn Boy

A profile of the perpetual hat-wearer.

**1.00** The Crush **1.25** Astronomer's Sun **1.35** Hung **2.05** Studio 60 on the Sunset Strip **2.50** **FILM** She Creature **4.20** Hill Street Blues **5.10-5.55am** Countdown

FIVE

**6.00am** Milkshake! **9.15** The Wright Stuff **10.45** Trisha Goddard (R) **11.40** House (R) **12.35pm** Five News **12.40** Meals in Moments (R) **12.50** Police Interceptors (R) **1.45** Neighbours **2.15** Home and Away **2.45** Meals in Moments **2.55** Zoo Days (R) **3.10** **FILM** Love's Unfolding Dream: Family Western sequel starring Scout Taylor-Compton. **5.00** Five News, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

## 7.00 Five News at 7

## 7.30 Highland Emergency

"Help! We're stuck!" etc.

## 8.00 Cowboy Builders

A family who employed the building equivalent of Homer Simpson to work on their house get help before it falls down.

## 9.00 NCIS

A suspected drug-smuggler is apparently killed by his own dog. (R)

## 10.00 Law & Order:

## Criminal Intent

Goren goes undercover to take down a high-profile drug dealer.

## 10.55 Law & Order

The detectives investigate a fire. (R)

## 11.55 Poker

**SPORT** Highlights of the Big Game IV in London.

## 12.50am SuperCasino

Ball-bearing bouncing bobbins.

**4.05** Police Interceptors (R) **4.55** Animal Rescue Squad: Highlights of the series. (R) **5.10** Michaela's Wild Challenge (R) **5.35-6.00am** Michaela's Wild Challenge (R)

REGIONAL VARIATIONS

**BBC1 SCOTLAND:** 7.30-8.00pm **NEW** Scotland's Grand Tours **BBC1 NORTHERN IRELAND:** 10.45pm Tim McGarry's Irish History Lesson **11.30** Reggie Perrin **12.00m't** Off the Beaten Track **12.15am** Sign Zone: My Story **12.45-1.45am** Sign Zone: The

Secrets of Scientology **BBC1 WALES:** 7.30-8.00pm Rhys to the Rescue **BBC2 SCOTLAND:** 11.00-11.20pm Newsnight Scotland, Weather **STV:** 8.00pm Animals Are Amazing **9.00-10.00pm** Law & Order: UK **10.30** STV News and Weather **10.40**

October Road **11.35** iTunes Festival Highlights 2010 **12.25am** Brain Box **1.00** The Jeremy Kyle Show **2.00-5.30am** The Nightshift **ULSTER:** 10.30pm UTV Live Tonight **11.00** Real Crime With Mark Austin: The Securitas Robbery **12.00m't** Brain Box

**2.30-2.55am** Countrywise: Yomping yawns. **ITV1** **WALES:** 10.30-10.35pm Wales Tonight, Weather

## TODAY'S SPORT

sky SPORTS 1

**6.00am** Good Morning Sports Fans (HD)  
**9.00** Darts (HD)  
**3.00pm** Poker: The third heat of the Poker Million in London. (HD)  
**5.00** FIFA Futbol Mundial  
**5.30** European Tour Weekly: The latest news from the golf circuit.  
**6.00** **LIVE** Darts: The third day of the World Grand Prix in Dublin, featuring the opening second-round matches. (HD)  
**12.00m't** Football: Extended highlights of Sheff Wednesday vs Chesterfield in the Johnstone's Paint Trophy.  
**1.30am** Boxing: A review of the first two seasons of the Prizefighter Series. (HD)  
**3.00** 15 Years of the European Cup: A chance to look back at the egg-chasing competitions between 2006 and 2010.  
**4.00** FIFA Futbol Mundial  
**4.30** Total Rugby  
**5.00-6.00am** Transworld Sport

sky SPORTS 2

**6.00am** Aerobics **6.30** Urban Ride **7.00** WWE: Vintage Collection **8.00** Spanish Football **9.00** Football Asia **9.30** Football  
**11.00** Spanish Football  
**12.00noon** Polocrosse  
**1.00pm** Football  
**2.30** A-League **3.00** Polo  
**4.00** Spanish Football  
**5.00** Watersports World  
**6.00** Inside the PGA Tour (HD)  
**6.30** FIFA Futbol Mundial  
**7.00** **LIVE** Football: The Johnstone's Paint Trophy match between Sheff Wednesday and Chesterfield, kick-off 7.15pm.  
**9.30** Boxing (HD)  
**11.00** ICC Awards 2010  
**12.00m't** European Tour Weekly  
**12.30am** Inside the PGA Tour (HD)  
**1.00** Golf  
**2.00** Golf  
**3.00-4.00am** ICC Awards 2010

## ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

### FILM4 (315)

**5.20pm** Springfield Rifle **7.10** Baby's Day Out **9.00** The Full Monty: Comedy starring Robert Carlyle. **10.45** Big Trouble in Little China **12.40am** **PREMIERE** Alexandra: Drama starring Galina Vishnevskaya. **2.30** Small Time **3.40-3.55am** Where's the Money, Ronnie?

### COMEDY CENTRAL (126)

**7.00pm** The King of Queens **8.00** Scrubs **9.00** Two and a Half Men **10.00** Sex and the City **11.40** Samantha Who? **12.40am** Two and a Half Men **1.40** South Park **2.40** Sex and the City **3.50** Two and a Half

ESPN

**7.00pm** **LIVE** NBA Basketball **9.30** NHL Ice Hockey  
**10.30** 30 for 30 **11.30** Premier League World **12.00m't** Poker **1.00am** Press Pass **1.30** Kicks **2.00** 30 for 30 **3.00** NHL Ice Hockey **4.00-5.30am** Rugby Union

Men **4.15** Shortcuts Shuffle **4.20** The King of Queens **5.10-6.00am** Frasier

### DISCOVERY (520)

**6.00pm** Mythbusters **8.00** How Do They Do It? **8.30** How It's Made **9.00** The End of the World Cult **10.00** Trawler Wars **11.00** Is It Possible? **12.00m't** Bear Grylls: Born Survivor **1.00am** Deadliest Catch **2.00** Rory McGrath's Best of British Engineering **3.00** Weaponology **3.50** Raging Planet **4.40** Unsolved History **5.30-6.00am** How Does That Work?

### BBC3 (115)

**7.00pm** The Real Hustle: Celebrity Scammers **7.30** The Real Hustle Undercover **8.00** Don't Tell the Bride **9.00** **FILM** The Guardian: Drama starring Kevin Costner. **11.15** Family Guy **12.00m't** One Non Blonde Down Under **12.30am** Ideal **1.00** Him and Her **1.30** The Real Hustle: Celebrity Scammers **2.00** The Real Hustle

Undercover **2.30** One Non Blonde Down Under **3.00** Ideal **3.30** Him and Her **4.00-5.00am** Don't Tell the Bride

### E4 (136)

**7.00pm** Hollyoaks **7.30** Friends **9.00** Ugly Betty **10.00** **FILM** Ferris Bueller's Day Off: Comedy with Matthew Broderick. **12.05am** RuPaul's Drag Race **1.05** Scrubs **2.00** RuPaul's Drag Race **2.45** What About Brian **3.25** Life Unexpected **4.10** The Hills **4.30-6.00am** Switched

### DAVE (111)

**6.40pm** Have I Got News for You **7.20** Everest ER **8.00** Top Gear **9.00** Have I Got News for You **9.40** Mock the Week: With Rhod Gilbert and Tom Stade. **11.00** Would I Lie to You?: With Danny Baker and Michael Buerk. **11.40** Mock the Week **1.00** Argumental: With Chris Addison. **1.35** Never Mind the Buzzcocks **2.35-3.00am** Whose Line Is It Anyway?



6 OCTOBER

# WEDNESDAY

**FULL 7  
DAY TV  
GUIDE!**

**sky1**

**6.00am** The Biggest Loser US (R) **7.00** Brainiac: Science Abuse (R)(HD) **8.00** Oops TV (R) **9.00** Lion Man (R) **10.00** Bones (R) **11.00** Wedding SOS (R)(HD) **11.30** Babies at Risk (R) **12.00noon** The Biggest Loser US (R) **1.00pm** Project Runway (R) **2.00** Bones (R) **3.00** Stargate Atlantis (R)(HD) **5.00** Malcolm in the Middle (R)(HD) **5.30** Futurama (R) **6.00** Oops TV (R) **6.30** The Simpsons (R)

## 7.00 The Simpsons

A series of flashbacks charts Homer and Marge's rocky marriage. (R)

## 7.30 The Simpsons

Lisa disguises herself as a nun to infiltrate a convent when Maggie goes missing. (R)

## 8.00 Emergency Animal Rescue

Ill-treated furries get help. (HD)

## 8.30 Emergency Animal Rescue

More following the work of the RSPCA as they tackle cases of critter cruelty. (HD)

## 9.00 Madonna: Sticky and Sweet - Live from Buenos Aires

The singer performs in Argentina capital while up to her eyeballs in botox. (R)

## 11.30 Ross Kemp on Gangs

Football hooligans in Poland. (R)(HD)

## 12.30am Road Wars

Cops crack car crime. Blimey - try saying that after a night on the Stella. (R)

## 1.30 Road Wars (R) 2.20 Street Wars (R)

3.10 Bite Size Brainiac (R) 3.30 Lost (R)

(HD) 4.20 Vroom Vroom (R) 5.10-

6.00am Sell Me the Answer (R)(HD)

## MTV (350)

**7.00pm** 16 and Pregnant **8.00**

Celebrity Bites **8.30** The Hills **9.00** The

Hard Times of RJ Berger **10.00** Jersey

Shore **11.00** The Dudesons in America

**12.00m't** South Park **1.00am** Dirty

Sanchez: Behind the Seven Sins **2.00**

The Dudesons in America: Stunts and

pranks. **3.00-6.00am** All the Hits

## SYFY (129)

**7.00pm** FILM Waterworld **9.30** FILM

Jurassic Park III: Action adventure. **11.20**

FILM Lost City Raiders **1.20am** FILM

Swarm **3.00** Mysterious Ways **4.00**

Quantum Leap **5.00-6.00am** Smallville

## FX (164)

**7.00pm** NCIS: A murder suspect is killed.

**9.00** American Dad! **10.00** MUST-SEE

Burn Notice **11.00** Dexter **12.00m't**

Farscape **1.00am** Babylon 5 **2.00**

ReGenesis **3.00-4.00am** Water Rats

# TODAY'S MUST-SEES



**IT'S BACK!**

"Hi, we're the match officials for Chelsea vs Arsenal!"

## The Apprentice

BBC1, 9pm

**REALITY**

Fully 16 months after series five of the money-making reality show ended with Yasmina Siadatan crowned the winner, Alan Sugar's back to find a new apprentice from 16 wannabes! We're barely introduced to the latest lot before Sural... er, Lord Sugar packs them off in the dead of night to make sausages, which they have to flog the following day. All of which leads to three of the losing team facing the bristly businessman in the boardroom and arguing with each other. About sausages! Now, what could be more entertaining than that? Nothing. That's what! ★★★★★



Members of the Shia militia on patrol in Iraq

## Secret Iraq BBC2, 9pm

**DOCU** The final part of the heavy-hitting docu looking at the realities of the Iraq War focuses on what led the insurgents to turn against al-Qaeda at a time when the organisation controlled large areas of the country. Compelling. ★★★★★



The Ten O'Clock News studio had been hit by budget cuts

## Richard Bacon's Beer And Pizza Club

ITV4, 10pm

**COMEDY**

This is quite good! Bacon and a guest discuss issues that matter to men, with the funniest answers winning points. ★★★★★



"You told me a red tie would look good with a red shirt!"

## Burn Notice FX, 10pm

**DRAMA** Agent to the spies Tom Strickler tells Michael he's being hunted by a Ukrainian operative with a grudge, so he turns to Miami gangster John Beck for help. Not that it does either much good - they're both captured! ★★

**Nuts**  
**BRITAIN'S DIRTIEST CAR!**

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PREVIEWS: MIKE HALL, RICH JENKINS



6am

7pm

1am

**BBC ONE**

**6.00am** Breakfast **9.15** Heir Hunters (R)  
**10.00** Homes Under the Hammer (R)  
**11.00** **LIVE** Commonwealth Games: Cycling and swimming finals from Delhi.  
**1.00pm** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors  
**2.15** **LIVE** Commonwealth Games: The men's and women's 100m finals from Delhi. **5.00** **LIVE** Commonwealth Games: The concluding events on day four in Delhi.  
**6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

## 7.00 The One Show

Topical stories.

## 7.30 EastEnders

Michael begs Kat to leave with him. Why stop there? Can't he persuade everyone else to go with him too?

## 8.00 Watchdog

Anne Robinson scowls as she discovers why drivers are at risk of having their cars seized for no apparent reason.

## 9.00 Traffic Cops

An undercover motorbike equipped with video cameras. Hmm, sneaky.

## 10.00 BBC News, Weather

## 10.35 Question Time

Boring blather from Birmingham.

## 11.35 This Week

## 12.25am Sign Zone: Panorama

In-depth/dull current affairs reports. (R)

## 12.55 Countryfile

John Craven assesses the dangers presented by foxes in urban areas. Er, urban areas? This is *Countryfile*? The clue's in the title, surely! (R)

**1.55** Wild Wales (R) **2.55** Antiques Roadshow (R) **3.55** Britain's Empty Homes (R) **4.25-6.00am** BBC News

**BBC TWO**

**6.00am** CBeebies **7.00** CBBC **8.00** **LIVE** Commonwealth Games: Four cycling finals, among other tiring-looking stuff.  
**11.00** To Buy or Not to Buy (R) **11.30** Cash in the Attic (R) **12.00noon** Daily Politics **12.30pm** GMT with George Alagiah **1.00** **LIVE** Commonwealth Games: Swimming and athletics coverage from Delhi. **2.15** Flog It! (R) **3.00** CBBC **5.15** Escape to the Country (R) **6.00** Eggheads **6.30** Strictly Come Dancing - It Takes Two

## 7.00 Games Today

**SPORT** Action from the men's and women's 100m finals.

## 8.00 Nigella Kitchen

Roast lamb with rosemary and port, and pizza. Now we're talking.

## 8.30 Autumnwatch

**NEW** Cameraman Charlie Hamilton-James points his lens at an otter and her cubs in Shetland.

## 9.30 Autumnwatch Unsprung

**NEW** Martin Hughes-Games chairs a chat about the previous show. Presumably to do with the need for so many double-barrelled names.

## 10.00 Mock the Week

With Ed Byrne and Jack Whitehall.

## 10.30 Newsnight

## 11.20 Whites

A celebrity chef visits the hotel. (R)

## 11.50 Harry & Paul

Ace sketch show. Parking Pataweyo finds a way into the record books. (R)

## 12.20am The Apprentice: You're Fired! (R)

**1.05** BBC News: The day's headlines. **4.00-6.00am** BBC Learning Zone

**itv 1**

**5.30am** ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show **10.30** This Morning **12.30pm** Loose Women: With Jake Roche and music by A-ha. **1.30** ITV News **1.55** Regional News, Weather **2.00** 60 Minute Makeover **3.00** Secret Dealers **4.00** Midsomer Murders (R) **5.00** The Alan Titchmarsh Show **6.00** Regional News, Weather **6.30** ITV News

## 7.00 Emmerdale

Wool-related woes.

## 7.30 The Cuts Are Coming: Tonight

Cuts in public spending. We're doomed!

## 8.00 Emmerdale

Baa!

## 8.30 Coronation Street

Watch Sky1!

## 9.00 Law & Order: UK

A prison officer is murdered.

## 10.00 ITV News, Weather

**FILM** The last of the brill Wachowskis Brothers' trilogy with Keanu Reeves. This time, freedom fighters Neo and Trinity battle to bring the war between man and machine to an end.

## 12.50am The Zone

It's the dream combination - shopping and interactive gaming. Er...

**2.50** The Jeremy Kyle Show: Shouty antics. (R) **3.45** The Cuts Are Coming: Tonight (R) **4.10-5.30am** ITV Nightscreen

**4**

**6.00am** The Treacle People (R) **6.15** Planet Cook (R) **6.35** Yo Gabba Gabba (R) **7.00** Freshly Squeezed **7.30** Everybody Loves Raymond (R) **8.25** Frasier (R) **8.55** Friends (R) **9.30** Lakes on a Plate (R) **10.00** Wife Swap USA **11.00** Supernanny USA (R) **11.50** My Eden (R) **12.00noon** Channel 4 News Summary **12.05pm** **FILM** Monte Carlo or Bust **2.20** Lakes on a Plate **2.55** Wogan's Perfect Recall **3.25** Countdown **4.10** Deal or No Deal **5.00** Come Dine with Me **5.30** Coach Trip **6.00** The Simpsons (R) **6.30** Hollyoaks

## 7.00 News

## 7.55 4thought.tv

Religious ramblings.

## 8.00 River Cottage Every Day

Hugh Fearnley-Whittingstall indulges in some broad bean bothering.

## 9.00 Dispatches: Bravo's Deadly Mission

A US operation to liberate the town of Marjah in Afghanistan.

## 10.30 True Blood

The brilliant vampire drama continues as Sookie and Bill try to find the leader of a vampire community in Dallas.

## 11.40 3 Minute Wonder: New Sensations 2010

## 11.45 Reaper

The Devil introduces Sam to his other son - and orders the pair to team up.

## 12.45am A Family Portrait

Short film starring Robert Bathurst.

## 12.50 Mother of Many

Another short film. (R)

**1.00** King of the Hill **1.45** Who Knows Best (R) **2.40** The Hospital (R) **3.35** Unreported World (R) **4.00** Hercules (R) **5.25-6.10am** Countdown (R)

**FIVE**

**6.00am** Milkshake! **9.15** The Wright Stuff **10.45** Trisha Goddard (R) **11.40** House (R) **12.35pm** Five News **12.40** Meals in Moments (R) **12.50** Police Interceptors (R) **1.45** Neighbours **2.15** Home and Away **2.45** Meals in Moments **2.55** Zoo Days (R) **3.10** **FILM** Stone Cold: Crime drama starring Mimi Rogers, Tom Selleck, and his moustache. **5.00** Five News, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

## 7.00 Five News at 7

## 7.30 Jaguar Adventure with Nigel Marven

The naturalist struggles to catch a sighting of the big cats. So, not the most exciting episode in prospect, then. (R)

## 8.00 Delta Divers

**NEW** Docu about the divers who maintain gas and oil platforms in the Gulf of Mexico.

## 9.00 Kiss of the Dragon

**FILM** Action thriller starring Jet Li and Bridget Fonda.

## 10.55 Police Interceptors

Officers join forces with Ofcom to raid an illegal pirate radio station. (R)

## 11.55 Cops in Crisis

Bobbies in bother. (R)

## 12.10am SuperCasino

Live interactive cash-draining.

**4.05** Police Interceptors (R) **4.55** Animal Rescue Squad: Highlights of the series. (R) **5.10** Michaela's Wild Challenge (R) **5.35-6.00am** Michaela's Wild Challenge (R)

REGIONAL VARIATIONS

**BBC1 SCOTLAND:** 9.00-10.00pm New Tricks **BBC1 NORTHERN IRELAND:** 10.35pm Hearts and Minds **11.05** Question Time **12.05-12.55** This Week **BBC1 WALES:** 11.35pm Dragon's Eye **12.05-12.55am** This Week **BBC2 SCOTLAND:**

**11.00-11.20pm** Newsnight Scotland, Weather **BBC2 NORTHERN IRELAND:** 10.00-10.30pm Our William **11.20** Mock the Week **11.50** Whites **12.20am** Harry & Paul **12.50** The Apprentice: You're Fired! **1.30-4.00am** BBC News **STV:** 9.00-10.00pm

Underbelly: A Tale of Two Cities **10.40** Being Victor **11.10** Comedy Classics: The New Statesman **11.40** Politics Now **12.10am** Brain Box **1.00** Nightwatch with Steve Scott: Crime **2.00-5.30am** The Nightshift **ULSTER:** 7.30-8.00pm The Seven Thirty Show

**11.00** The Cuts Are Coming: Tonight **11.30** **SPORT** RPM **12.00m't** Brain Box **2.30am** **FILM** The Day of the Jackal: Thriller starring Edward Fox. **5.05-5.30am** ITV Nightscreen **ITV1 WALES:** **7.30-8.00pm** Wales This Week **10.35** Sharp End

## TODAY'S SPORT

**sky SPORTS 1**

**6.00am** Good Morning Sports Fans (HD)  
**9.00** Darts (HD)  
**3.00pm** Boxing (HD)  
**4.30** FIFA Futbol Mundial  
**5.00** Transworld Sport: Action and features, focusing on mainstream activities and minority interest events.  
**6.00** **LIVE** Darts: Top arrow-chucking with the remaining second-round games in the World Grand Prix in Dublin. (HD)  
**12.00m't** Ringside: Boxing magazine, including highlights of recent bouts and interviews with the stars. (HD)  
**1.00am** Premier League World (HD)  
**1.30** Time of Our Lives: Programme recalling Great Britain's hockey gold medal in the 1988 Seoul Olympics.  
**2.30** Ringside (HD)  
**3.30** Premier League World (HD)  
**4.00** Time of Our Lives  
**5.00-6.00am** Ringside (HD)

**sky SPORTS 2**

**6.00am** Aerobics  
**6.30** Urban Ride  
**7.00** WWE: Experience (HD)  
**8.00** Boxing (HD)  
**9.30** Football  
**11.00** ICC Awards 2010  
**12.00noon** Watersports World  
**1.00pm** Football  
**2.30** Total Rugby  
**3.00** ICC Awards 2010  
**4.00** Motorsport  
**5.00** WWE: Vintage Collection  
**6.00** Ringside (HD)  
**7.00** **LIVE** Rugby Union: Newcastle Falcons vs Bourgoin, kick-off 7.45pm. (HD)  
**10.00** Ringside (HD)  
**11.00** Time of Our Lives  
**12.00m't** Rugby Union (HD)  
**3.00am** IAAF Athletix Weekly  
**3.30** Athletics  
**4.30-5.30am** Race World

## ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

### FILM4 (315)

**7.00pm** Eragon: Fantasy adventure. **9.00** Braveheart: Historical epic starring Mel Gibson. **12.20-4.00am** Comrades: Historical drama starring Robin Soans.

### COMEDY CENTRAL (126)

**7.00pm** The King of Queens **8.00** Scrubs **9.00** Two and a Half Men **10.00** **FILM** Scary Movie 2: Spoof horror sequel starring Anna Faris. **11.35** Sex and the City **1.15am** Two and a Half Men **2.15** South Park **3.15** Scrubs **3.45** Two and a Half Men **4.10** Shortcuts Shuffle **4.20** The King of Queens **5.10-6.00am** Frasier

**ESPN**

**7.00pm** Premier League World **7.30** **LIVE** NBA Basketball **10.00** MMA Live **10.45** UFC Unleashed **11.45** Game of the Week **12.15am** Kicks **12.30** Press Pass **1.00** **LIVE** Major League Soccer **3.00-5.30am** **LIVE** Ice Hockey

### DISCOVERY (520)

**6.00pm** Mythbusters **8.00** How Do They Do It? **8.30** How It's Made **9.00** I Shouldn't Be Alive **10.00** Deadliest Catch **11.00** Greatest Tank Battles **12.00m't** Bear Grylls: Born Survivor **1.00am** Deadliest Catch **2.00** Rory McGrath's Best of British Engineering **3.00** Weaponology **3.50** Raging Planet **4.40** Days That Shook the World **5.30-6.00am** How Does That Work?

### BBC3 (115)

**7.00pm** Top Gear **8.00** Are You Fitter Than a Pensioner? **9.00** Kids with Guns - Stacey Dooley Investigates **10.00** EastEnders **10.30** The King Is Dead **11.00** Family Guy **11.45** Him and Her **12.15am** Are You Fitter Than a Pensioner? **1.15** Kids with Guns - Stacey Dooley Investigates **2.15** The King Is Dead **2.45** E20 **3.10** Britain's Really Disgusting Drinks **4.10-4.40am** Him and Her

### E4 (136)

**7.00pm** Hollyoaks **7.30** Friends **9.00** The Big Bang Theory **9.30** How I Met Your Mother **10.00** **MUST-SEE** PhoneShop: Comedy. **10.30** The Inbetweeners: The gang visit a university. **11.05** School of Comedy **11.35** Misfits **12.40am** Scrubs **1.35** Glee **2.15** Misfits **3.10** What About Brian **3.50** Samantha Who? **4.15** The Hills **4.35-6.00am** Switched

### DAVE (111)

**7.00pm** Louis Theroux's Weird Weekends **8.00** Top Gear **9.00** Mock the Week **9.40** QI: With comedian Arthur Smith. **11.00** Mock the Week **11.40** Bottom Live: Weapons Grade Y-Fronts Tour **1.30am** Louis Theroux: Under the Knife **2.30-3.00am** And Then You Die

### MTV (350)

**7.00pm** 16 and Pregnant **8.00** Randy Jackson's America's Best Dance Crew



7 OCTOBER

THURSDAY

FULL 7  
DAY TV  
GUIDE!

sky1

6.00am The Biggest Loser US (R) 7.00  
Brainiac: Science Abuse (R)(HD) 8.00  
Oops TV (R) 9.00 Lion Man (R) 9.30 Lion  
Man (R) 10.00 Bones (R) 11.00 Wedding  
SOS (R) 11.30 Medical Emergency (R)  
12.00noon The Biggest Loser US (R)  
1.00pm Project Runway (R) 2.00 Bones  
(R) 3.00 Stargate Atlantis (R)(HD) 4.00  
Stargate Atlantis (R)(HD) 5.00 Malcolm in  
the Middle (R)(HD) 5.30 Futurama (R)  
6.00 Oops TV (R) 6.30 The Simpsons (R)

7.00 The Simpsons (R)

7.30 The Simpsons

Lisa embraces her creative side at a performing arts camp.

8.00 Modern Family

**MUST-SEE** New series of the ace mockumentary. (HD)

8.30 Modern Family

**MUST-SEE** Claire and Mitchell agree to be brutally honest with each other's partners.

9.00 An Idiot Abroad

**MUST-SEE** Karl Pilkington has a thoroughly rubbish time on his travels. Hilarious! (HD)

10.00 A League of Their Own

**MUST-SEE** The sport-based comedy quiz show hosted by James Corden returns! (HD)

10.30 Football's

a Funny Old Game (R)

11.00 NCIS: Los Angeles

A special agent disappears. (R)(HD)

12.00m't NCIS: Los Angeles

The team track a hit squad. (R)(HD)

1.00 Road Wars (R) 1.50 **SPORT** 50

Greatest Goals (R) 2.40 Oops TV (R)(HD)

3.30 Lost (R)(HD) 4.20 Vroom Vroom (R)

5.10-6.00am Sell Me the Answer (R)(HD)

11.05 The Wales Show 11.35 The Cuts

Are Coming: Tonight 12.05am

Countrywise 12.35-12.50am The Lakes

9.00 Jersey Shore 10.00 The Hard Times of RJ Berger 11.00 The Dudesons in America 12.00m't South Park 1.00am Dirty Sanchez: Behind the Seven Sins 2.00 The Dudesons in America 3.00-6.00am All the Hits

SYFY (129)

6.00pm Smallville 7.10 **FILM** Jurassic Park III: Action adventure sequel starring Sam Neill. 9.00 Warehouse 13 10.00 Haven 11.00 A Town Called Eureka 12.00m't Haven 1.00am **FILM** The Terminators: Sci-fi thriller starring Jeremy London. 3.00 Mysterious Ways 4.00 Quantum Leap 5.00-6.00am Smallville

FX (164)

7.00pm NCIS 9.00 Family Guy 10.00 American Dad! 11.00 Better Off Ted 12.00m't Farscape 1.00am Babylon 5: The Vorlons adopt a new tactic. 2.00 ReGenesis 3.00-4.00am Water Rats

## TODAY'S MUST-SEES



"What do you mean I'm over-dressed for PE?"

## A League Of Their Own

Sky1/HD, 10pm

**QUIZ** All-round Nuts legend James

Corden leads the teams out for a new series of the sports panel show. It's on a bit later than before, so they're allowed to be a bit ruder, which is sure to make it funnier! For the opener, the regular guests including Jamie Redknapp and John Bishop are joined by lovely Lily Allen, while on the other side, Georgie Thompson and Freddie Flintoff are joined by Jimmy Carr. ★★★★★

## NEW SERIES!



"Look! Look! I'm Little Boots!"

## Modern Family Sky1/HD, 8pm

**COMEDY** The US sitcom, shot mockumentary style, about a 21st-century American family is back for a brand-new second series and kicks off with a double bill. Brilliantly written, super comic timing and lady friendly. Try Modern Family! ★★★★★



"All we need is a tree and we're ready for hide and seek!"

## An Idiot Abroad Sky1/HD, 9pm

**COMEDY** Reluctant traveller Karl Pilkington visits Israel on his way to Jordan and along the way is subjected to a mock kidnapping, eats lambs' eyes, visits Bethlehem, swims in the Dead Sea and pretty much hates the lot! Brilliant! ★★★★★



"I've never heard of sit-in security for ladies' changing rooms!"

## Nikita Living, 9pm

**DRAMA** In a new take on the Nikita franchise, Division is a secret government agency that takes criminals, cuts their ties with the world and retrain them into assassins. Maggie Q (hot) is Nikita, the assassin gone rogue looking for revenge. ★★★★★



Steve edged closer to that mythical "dance with a girl"

## Phone Shop E4, 10pm

**COMEDY** 2009's Comedy Showcase winner is rewarded with its own series. The employees of Phone Shop are under pressure to meet their sales targets, but their position as number one shop on the high street is wavering. ★★★★★



## FASHION

*Gordon Bennett*

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<b>College Babe In Uniform</b> 374027	<b>Saucy Neighbour</b> 370305	<b>Bad Girl Shows Her Hot Assets</b> 370615
<b>Hot &amp; Horny Bedroom Strip</b> 374550	<b>Adult Star Elle Petit Strips!</b> 370642	<b>Naughty Girl Perfect Rear!</b> 373513
<b>Hot Exotic Girl Perfect Curves</b> 379737	<b>BB Sophie's Home Movie</b> 372125	
<b>Blonde Babe Strips Off Lingerie</b> 377381	<b>Naughty Nurse Reveals All</b> 370575	
<b>Horny Secretary After Hours!</b> 370578	<b>Frisky Blonde Loves To Tease</b> 371664	



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Too Rude Too Describe	373512
Mates Mum Unleashes Her Massive Boobs	371623
19yr Student Sleepover Turns Naughty	375669
Stealing My Mates Girl	376873
Saucy Neighbour Teases Me So Much	375924
My Girls Best Mate Got Naked For Me	379118
Caught Neighbour Seducing My Hot Girlfriend	373642
18 Yr Olds First Uncensored Home Movie	372177
My Naughty Girlfriend Got It On With My Bro	376509
Naughty Nurses Huge Jugs Unleashed	377295
Lucy Pinder Close Up	376403
Jana In The Bedroom	374777
My Girl And My Ex	376874
Caught My Sisters Mate Playing Outside	376387
Big Boobs Babe Shower Self Play Vid	376412
Spread On Her Back	374778
Mates Sister getting Naked	378624
Hot Neighbour Gets Randy	375602
I Caught My Ex With My New Girl	371633
Mates Mum Lets Me Film Her	373865
Danielle Lloyd Naked	371238
Busty Blonde Very Horny Tease	379082
Rosie Jones And Friends Get Frisky For You	379659
2 Students Get It On	376875
Uncensored Girls Home Movie	376146
Seduced By Uni Girls	372092
Home Alone Housewife Plays On Cam	376156
My Dads Secretary Likes To Get Naked For Me	379868
Naughty Student Nurse	374393
Girl Teases On All Fours	374431
Best Mates Take It Further	370961
Sexy Brunette Caught With My Ex	374465
Snatch A Peek	370672
Naughty 19 Year Old	370835
All's First Time On Camera	370504
Sophie Howard Exposed	374785



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## TEXTALERTS

Inbetweeners - Oooh Friend	371404	Tardis Noise	373707
The Hangover - Paging Dr F**got	372950	Air Raid Siren	378058
Die Hard - Yippee Ki Yay...	371360	Fast & Furious Dump Valve	373846
Meerkat - Meerkat Simples	377015	Gavin & Stacey - Whats Occuring	375722
Family Guy - Surfin Bird	371356	Team America - Derka Derka	374747
Achmed - Silence I Kill You	373885	Star Wars Lightsabre On Sound	370655
Eastenders Doof Doofs	376391	Massive Fart	371883
Inbetweeners - You Bumder!	374183	Submarine Sonar Bleeping	378125
Text On Fire Spoof	374708	Churchill Dog - Oh Yes	375625
Captain Caveman	372367	Wolf Whistle	372001
Big Bang Theory - Bazinga!	372512	Road Runner	374144
Pulp Fiction - Say What Again	379696	Wolf Howl	378084
Stewie - Victory Is Mine	375851	Darth Vader Breathing	379705
Team America - Matt Damon	373812	Good Morning Vietnam	378042
Quagmire - Giggerty Giggerty	371104	Muttley laugh	373493

## THEMETUNES

Step Brothers - Boats N Hoes	377007	Good The Bad & The Ugly	377281
The Inbetweeners	376869	Top Gear	373808
Duelling Banjos	373290	Hangover Stu's Tiger Song	376279
Only Fools and Horses	373188	Doctor Who 2010	372215
True Blood	376667	Top Gun	377156
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Men: Text 'mwall' to 88199  
Women: Text 'wwall' to 88199  
Gay: Text 'gwall' to 88199

**TEXT CHAT!**  
women text: ewall  
men text: mwall  
gay text: gwall  
to: 69866

**FREE FOR WOMEN\***  
1st 5 msgs FREE. £1.50 for 5 msgs sent/recvd thereafter.

18+ only. Helpdesk 0844 944 0002. Standard network charges apply. Women: Network charges only. Send STOP to 88199 to Stop. P: X-On.

**VIDS UPDATED WEEKLY**

**1P SEXY MOVIES**

**TEXT: EASY TO: 81833**

Get one vid for just 1p. Other items on site are charged at £3 for 3 videos, £1.50 for 3 pics, charged per page, pay only for what you view, games and tones priced individually. Messages to 81833 charged at standard network rate. 16+ only. Send Stop to 81833 to stop service. Provided by BS Mobile PO Box 2952, London, WC1N 3XX. Help tel - 0870 100 1024, help@blingmob.com



Fulfil your fantasies - 18+ Adults only prs service

# The HOTTEST personas! The HOTTEST photos! AND VIDEOS

## Want the HOTTEST HOOK UPS?

18+ HAVE FUN TONIGHT! GET PHOTOS & HOOK UP VIA YOUR MOBILE WHEN IT SUITS YOU

Gill, UK (34)



Get my hot pix...and lets hook up...text

**GILL** to 68889

Anna, London (36)



Get my hot pix...text

**ANNA** to 68889

Caro, Wales, (44)



Get my hot pix...text

**CARO** to 68889

North East (18)



Get my hot pix...text

**BLONDIE** to 68889

Tash, Glasgow (18)



Get my hot pix...text

**TASH** to 68889

Minki, Leics (18)



Get my hot pix...text

**MINKI** to 68889

Claire, UK (38)



Get my hot pix...text

**CLAIRE** to 68889

Val, UK (40s)



Get my hot pix...text

**VAL** to 68889

25p per message sent into 68889 £1.50 per received text from 68889. MAXIMUM 4 BILLED MESSAGES PER REPLY. See virtual terms online at [www.ukeasyaction.com](http://www.ukeasyaction.com) STRICTLY ADULTS 18+

ASK ANY OF THE PERSONAS ON THIS PAGE FOR THEIR PHOTOS! THEY'RE ALL HOT AND THEY'VE ALL GOT 'EM!

Meg, Lancashire.



Get my hot pix AND VIDEOS...Text

**MEG** to 68889

Liz, 20s Hants/UK



Get my hot pix AND HOT VIDEOS...text

**LIZ** to 68889

Daze, anywhere UK



Get my hot pix...and HOT VIDEOS...text

**DAZE** to 68889

Jule, UK (40)



Hot single woman (40) wants to be contacted by guys 18-35 for fun easy times. Get my hot pix...and HOT VIDEOS Text

**JULE** to 68889

Messages sent in 25p. Messages received only £1.50. Maximum 4 messages per reply.

Miff, 40s North England



Fun loving naughty women with photos Get my hot pix...text

**KISSY** to 68889

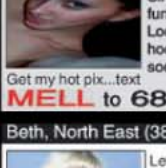
Nat (19) MIDLANDS/UK



Text me anytime & Get my hot pix...and HOT VIDEOS xxx

**NAT** to 68889

Mell, Belfast NI (18)



Single and fun loving Looking to hook up soon!

Get my hot pix...text

**MELL** to 68889

Beth, North East (38)



Lets have some fun Get my hot pix...text

**BETH38** to 68889

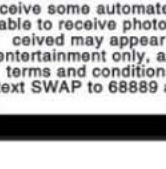
Lib NORTH WEST (21)



Get my hot pix...and HOT VIDEOS too text

**LIB** to 68889

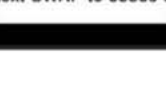
Carly, 18 UK



Get my hot pix...and HOT VIDEOS text

**CARLY** to 68889

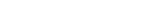
Kyli 20, SUSSEX



Get my hot pix and VIDEOS...text

**KYLI** to 68889

Beverly Mids/UK (30s)



Saucy older woman wants to hear from younger guy 18+. Easy going. Fun loving kind single woman 35 - hopes age doesnt put you off! Get my hot pix...and hot videos text

**BEVERLY** to 68889

Katherine, WALES



Can't wait to send you my sexy photos. text anytime 24/7

Get my hot pix...text

**KATHERINE** to 68889

Janie, SOUTH (41)



Get my hot pix...text

**JANIE** to 68889

Rita, Wales/UK (45)



Easy going, fun loving, ask me for my really hot pics!

Get my hot pix...text

**RITA45** to 68889

Nici, LANCS 38 and HOT!



Get my hot pix...text

**NICI** to 68889

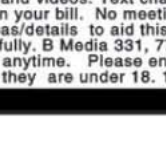
Leah, London/UK (19)



Get my hot pix...and HOT VIDEOS too text

**LEAH** to 68889

Tani South West/UK (43)



Get my hot pix...text

**TANI** to 68889

UK ANYWHERE



Lets hook up Get my hot pix...text

**HWILKIE** to 68889

Naughty, South West



Hot fun girl looking for lirts! Get my hot pix...and hot vids text

**NAUGHTY** to 68889

Amb UK



Get my hot pix...AND VIDEOS text

**AMB** to 68889

To swap to a DIFFERENT PERSONA TEXT SWAP TO 68889 AT ANYTIME.

Polly, 44 UK.



Experienced woman wants fun! Especially with guy 18-30!

Get my hot pix...text

**POLLY** to 68889

Tara, UK 47



Get my pix...

**TARA47** to 68889

ESSEX (34)



Get my pix...

**DI** to 68889

WANT FUN NOW?

Hook up with hot sexy personas FAST! This is a discrete, easy service

text - NOW

**to 68889**

Saucy, 34 Kent/Sussex



Get my hot pix...text

**SAUCY** to 68889

25p per message sent in. £1.50 per received text.

## 18+ ONLY

POSTCODE MATCH!

See who replies to your postcode....

To be matched to a woman (with HOT photos & maybe HOT videos

Text-

PC followed by your postcode to 68889

(for example

PC NE344NB)

Text PC followed by your postcode to 68889 and get in on the action! Hook up via your mobile

"Text SWAP anytime to swap to a different 'hot woman"

25p per message sent in. £1.50 per received text.

As Seen on TV

HOOK UP NOW - VIA YOUR MOBILE

Strictly 18+. 25p for all sms text messages sent to 68889 & £1.50 per received sms text from 68889 (maximum 4 billed messages per reply) Photos/videos sent in/received charged at 2 billed messages at £1.50 each (£3 in total). You must check your mobile is able to send/receive videos or photos. Contact your network for possible network charges. Real people replying NOT a computer. You may receive some automated messages for billing purposes. Some free messages may be sent to users. You need a wap enabled phone to be able to receive photos and videos. Text chat & photos only. You must be the bill payer or have the bill payer's permission. Messages received may appear on your bill. No meeting made or implied. Photos are for display purposes and not to be reproduced. For fantasy entertainment only. areas/details to aid this. Virtual service Terms and conditions @ [www.ukeasyaction.com](http://www.ukeasyaction.com). please read the full virtual terms and conditions fully. B Media 331, 77 Beak Street, Soho, London W1F 6DB. Help? 08458388647 To swap to a different persona text SWAP to 68889 at anytime. Please ensure you have credit in your phone if you are a PAYG user. We reserve the right to bar users if they are under 18. 18+ SERVICE only. To stop the service text STOP to 68889 at any time.



# GET LIVE & SEXY WITH NAUGHTY GIRLS AT HOME

 <p><b>MATURE LADIES</b> Hot mature Ladies know how to get sexy with you! They're always willing to please new callers xxx</p> <p><b>0909 897 2053</b></p>	 <p><b>SWEET 18's +</b> So very adventurous &amp; fit bodies wanting men of all ages for adventure, fun and thrills xxx xxx xxx xxx</p> <p><b>0908 145 2545</b></p>	 <p><b>45p PER MINUTE SEXY GIRLS</b> Ask what you really want and we will do everything you like. You'll come back for more! xxx</p> <p><b>0908 145 0576</b></p>	 <p><b>SEXY &amp; MATURE OPEN ALL HOURS</b> Experienced Ladies - do you need it hard &amp; fast? Well just call these tasty oldies - best get off in the UK!</p> <p><b>0909 897 9111</b></p>
 <p><b>40+ YEAR OLD SHARON</b> Ladies at home that are mature in so many special ways. Chat now to mature women xxx</p> <p><b>0909 897 9416</b></p>	 <p><b>45p PER MINUTE GIRLFRIENDS JUST FOR YOU</b> Sexy babes at home desperate to be your girlfriend &amp; to please you in everyway possible.</p> <p><b>0908 145 0581</b></p>	 <p><b>MATURE WOMAN CRAVES ATTENTION</b> We just know how to get you off as fast as you want. Superfast, mind-blowing satisfaction from very experienced fit ladies xxx</p> <p><b>0909 897 0888</b></p>	 <p><b>45p PER MINUTE GIRLS AT HOME</b> Live flirty chat Single girls who do all the work. Total pure sexy 1on1 xxx</p> <p><b>0908 145 0580</b></p>
 <p><b>45p PER MINUTE ON THE PULL</b> The baddest girls in town who just adore horny guys looking for a quick fix and some adult relief at anytime xxx xxx</p> <p><b>0908 145 0575</b></p>	 <p><b>GORGEOUS SINGLES</b> Casual singles seriously up for it with as many guys as you can believe. 30 secs to serious heaven when you just need to get off</p> <p><b>0909 897 9412</b></p>	 <p><b>SUPERFAST RELIEF!</b> For a super fast sexy relief that is mind blowing, just give us a call. Girls giving live sexy 121!</p> <p><b>0909 897 9442</b></p>	 <p><b>JUST 18+</b> 18+ hot, alone &amp; ready to excite! Really naughty girls behaving badly live just for your pleasure. Call now talk to girls live xxx</p> <p><b>0909 897 2038</b></p>
 <p><b>45p PER MINUTE FAST RELIEF</b> Get ready to enjoy yourself. Cheap get off with lovely sexy girls desperate to relieve you and their own urges xxx</p> <p><b>0908 145 0579</b></p>	 <p><b>45p PER MINUTE COLLEGE GIRLS 18+</b> Looking for horny guys to fill their recreation time! Eager and willing to please, all guys needed urgently for the ultimate get off today x</p> <p><b>0908 145 0582</b></p>	 <p><b>45p PER MINUTE I'LL BLOW YOUR MIND</b> Fun thrills that'll blow your mind! If you want it live call now for the ultimate relief xxx</p> <p><b>0908 145 2543</b></p>	
 <p><b>VERY BROAD MINDED</b> Live sexy girls over 18 who do not mess around and get straight down to action! serious xxx</p> <p><b>0909 897 9333</b></p>	 <p><b>45p PER MINUTE HAVE FUN &amp; RELAX</b> Up close and personal - lovely girls at home just eager to go live with you 1 on 1 x</p> <p><b>0908 145 2542</b></p>	 <p><b>BEAUTIFUL LADIES</b> Lovely larger ladies who just want to give pleasure. 100% private and offering a real sexy adult time</p> <p><b>0909 897 9405</b></p>	 <p><b>HUNGRY HOUSEWIVES</b> Just hungry for a wicked time. These gorgeous ladies just looking for an erotic time. 100% totally sexy stimulation xxx</p> <p><b>0909 897 9447</b></p>
 <p><b>45p PER MINUTE SEXY GIRLS AT HOME</b> Beautiful funny intelligent sexy girls with lots of energy that needs to be used now x</p> <p><b>0908 145 2544</b></p>	 <p><b>VERY HOT LADIES</b> Girls that are at home that want any guys any age to totally satisfy. Horny sexy 121 x</p> <p><b>0909 897 0612</b></p>	 <p><b>45p PER MINUTE DIVORCED &amp; SEXY</b> Very bad women who will do all you ask anytime. Various horny partners needed urgently xxx</p> <p><b>0908 145 0577</b></p>	 <p><b>45p PER MINUTE HOT &amp; SEXY</b> When you just cannot wait and need a real fast quickie session. Call now for relief</p> <p><b>0908 145 0578</b></p>

**SEXY TEXT WITH LOCAL GIRLS - JUST TEXT 'EASY' TO 69469**  
**FOR CASUAL SEXY DATING VISIT [www.DATES-4U.co.uk](http://www.DATES-4U.co.uk)**

0908 145 Calls cost 45p per minute + network extras. 0909 897 Calls cost 60p per minute + network extras. Calls recorded. SMS cost £1.50 each to receive + standard network charges apply. To stop just text 'STOP' to 69469. Mobile users may receive free promotional messages. Callers must be 18+ only to use this service. LiveLines Ltd PO6538 NN2 7YN. Helpline 0844 871 4497.



# Nuts PUB AMMO

A pint of trivia and a packet of crisps, please!



The bed pan was a bit whiffy

The world's hottest curry, a phal served at the Brick Lane Curry House in Manhattan, is so hot that chefs preparing it wear gas masks.

Jaguars are so strong, they can carry cows up trees to avoid flood waters.

Johnny Vegas' TV debut was as a contestant on the art-based game show *Win, Lose Or Draw* in 1996.

There are around 500 active and 1,500 potentially active volcanoes in the world.

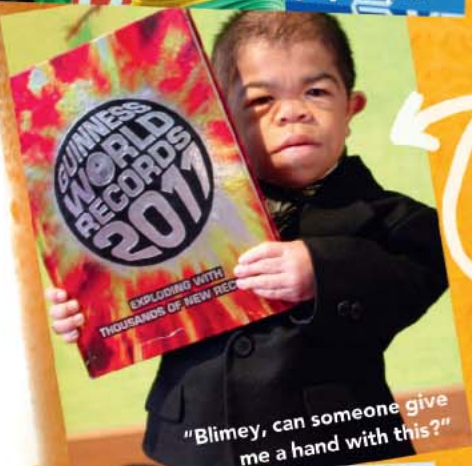


"Anyone fancy trimming my ampits?"

Usain Bolt owns a three-tonne section of the Berlin Wall, presented to him after the World Athletics Championships in Berlin in 2009

The electric eel isn't an eel at all - it belongs to the knifefish family.

The world's smallest man, Edward Nino Hernandez of Colombia, who stands just 27 inches tall, will only hold the title until 14 October, when 22in-tall Khagendra Thapa Magar of Nepal turns 18.



"Blimey, can someone give me a hand with this?"

Over 10,000 Premier League goals have now been scored using Nike balls. To celebrate, Nike has made a limited-edition gold Tracer ball (£100, [nikefootball.com](http://nikefootball.com)).

The record for the longest captivity of a live great white shark stands at 198 days, achieved by Monterey Bay Aquarium, California, in 2004.

Phil "The Power" Taylor has won 161 professional darts tournaments - more than twice as many as any other player.

According to the North Korean Ministry of Information, during his first attempt at playing golf, Kim Jong-il shot a round of 38 under par, including five holes in one



"Cheese!"

## PUB AMMO ON... BACK TO THE FUTURE



"Why did I have to get Louis as a mentor?"

- *Back To The Future* is the 138th-highest-grossing film of all time, before taking inflation into account.
- Former US Presidents Ronald Reagan and George Bush Sr both referenced the film in speeches.
- Flea, the bassist from Red Hot Chili Peppers, appeared in the film's two sequels.



BHS unveiled its new catalogue

- Around 6,500 DeLorean DMC-12 cars like the one featured in the film are still in existence.
- *Back To The Future* marks its 25th anniversary with a return to UK cinemas on 1 October.



Pinocchio hadn't aged well





**Nuts** Sam Grierson





**WHETHER WE BE ONE, THREE, FIVE  
OR NINE WE PLAY ELEVEN STRONG.**

We celebrate as a team. We dress as a team. We own  
our friends, neighbours and bitter rivals, as a team.  
We dare you to deny that We Are Eleven.



"footballing perfection..."

**10/10**

NO MATTER HOW MANY WE NUMBER

**WE ARE 11**



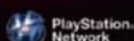
**OUT FRIDAY**

[youtube.com/easportsfootball](http://youtube.com/easportsfootball)



PS3

PSP



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